

School Health Advisory Committee February 21, 2024

Committee Members in Attendance	Committee Members Absent	Staff and Guest in Attendance
<ul style="list-style-type: none"> • Amanda Schlink • Robert Goldel • Mary Rogers Kirby • Kelly Fernandez • Ann Smith • Emilee Pressman • Jen Steiner • James Jadallah • Catherine Stone • Katie Moyer • Dr. Tuc Nguyen • Kimberly Smith • Jennifer Joyal • Carrie Reynolds 	<ul style="list-style-type: none"> • Dr. Terri Edmunds Heard • Kolette De La Cruz • Elvira Anadolu • Mary Rohmiller • Bethany Demers • Brenda Silvia-Torma • Ilana Yergin-Doniger • Ayan Noor • Ryan McElveen 	<ul style="list-style-type: none"> • Lea Skurpski • Saray Smalls • Michael Axler

Call to Order

Meeting called to order at 7:06pm by Robert Goldel.

Minutes

Approval of Minutes: January minutes approved.

Jen Steiner motion to approve ,Emilee Pressman seconded motion. Unanimously approved.

Public Comment

- Liz Tarallo- nurse at Fairfax Hospital in Emergency Department, trauma responder, mother of 3 Fairfax County Public School (FCPS) students, FCPS graduate, wanted to share Stop the Bleed Campaign, created after Sandy Hook tragedy, created to allow school staff to save those that are bleeding out during emergency, bleeding control is paramount to saving lives, propose organized effort to train FCPS nursing health care aids staff, so the education can be disseminated to teachers and students, training takes 30 minutes, my colleagues will train all staff for free and access to information required. Education already provided to school resource officers; some schools have training some do not. One officer would not be able to respond to tragedy in school. As parent and a human being, violence is terrifying, and I want others to be able to know how to help when this event occurs. FCPS is committed to safety, and I am willing to collaborate to help. We have tried to reach out to schools in the past and have reached gridlock, I am here to see if this is the avenue to help.

- Response: Dr. Nguyen- I have concern, if it is put out of there to teachers, they should be able to volunteer to enroll. Teachers have not chosen to be exposed to blood like healthcare providers. Most people are willing to help, but it should not be required.
- Lea- Public Health Nurses, School Health Aide and Athletic Directors, and School Resource Officers are trained in stop the bleed, we have met with Inova in the past regarding training information. The FCHD PHNs and SHAs in schools have received training. FCPS has provided Stop the Bleed Training kits for staff training. Lea will collect contact information. Combat application tourniquets are available and were purchased for all schools.

FCPS Updates

- Notification of date of SHAC End of Year presentation will 6/24/24 from 7-8 pm

Youth Survey Presentation- Dr.Michael Axler, Director Intervention and Prevention Services

- SEE HANDOUT
- Youth Survey is delivered at the beginning of November.
- Annual survey administered in 6th, 8th, and 12th Grade.
- 100 questions, anonymous, voluntary, can opt out.
- Questions based on National Institute of Health (NIH) Monitoring future survey and Center for Disease Control
- Assess youth strengths and needs, monitor trends over time, measure community indicators.
- Collaborative partnership between- Community Service Board, Fairfax County Health Department, Neighborhood and Community Services, Department of Management and Budget, Fairfax County Public Schools
- 2022-2023 survey- 39,918 participated, increase in opt out, general decrease in participation.
- Nutrition and weight loss behavior
- Screen time-concerns and texting while driving
- Sleep- 31% sleep 8 hours or more, FCPS students are reporting 8 hours or more compared to national average.
- Suicide- decrease in attempts since 2021.
- Substance use- trend is improving in alcohol use reported by students.
- Data is used in health education lessons.
- Three to Succeed Campaign
- Public health approach to mental health and wellness
- Timeline of survey- administration first week of November; takes a few months to get raw data; Executive Summary is available the following summer and presented to School Board
- Second Step pilot in 12 Title I schools to help build social emotional skills for students.
- Explore extracurricular activities as a protective factor for students, collect data and consider Period 8/infinity in more schools, offering extracurricular opportunities at school to support low-income families (costs of sports, transportation challenges)
- Mental Health Specialist (Bethany) can support reviewing data.
- Many multiprong evidence-based approaches are available, will not need to be created, need will and time to trial evidence-based options.
- Is there a breakdown on the type of marijuana questions? Survey questions are available on the public website. <https://www.fairfaxcounty.gov/data/youth-survey>

- SHAC has previously worked with the Department of Intervention and Prevention Services to modify questions on the Youth Survey related to sleep/dozy driving, SHAC can consider looking at questions closely.

Co-Chair Miscellaneous

- Reminder of committee charge from Surgeon General report- Reform digital environment, cultivate a culture of connection.
 - Develop workgroups based on passion for topics, workgroups should be assigned by March meeting.
 - Report is due May 15th.
 - Each workgroup develop elevator pitch for final report.
 - Use google form to answer questions about committee charge, determine workgroups and share with SHAC.
 - Workgroup Assignments
 Connection- Fernandez, Pressman, Steiner, Stone, Kirby, Nguyen, Ann Smith, Jadallah, Schlink, Goldel
 Digital- Kimberly Smith, Elvira Anadolu,
 Undecided- Moyer, Joyal, Reynolds

Address charge for next year in report

- Robert Goldel
 - Surveys- Is there survey overload? What is Office of Research and Strategic Improvement (ORSI) looking for? Timing of surveys to plan and anticipate next year.
 - Wellness Survey- Consider providing recommendation on survey questions for staff, ORSI tracks surveys in progress, timing can vary based on school year timeline, get baseline data on staff to address recruitment and retention regarding overall wellness not job satisfaction.
 - James Jadallah- Benefits survey for staff is being explored in human resources, can SHAC provide recommendations to add to survey that is already being developed?
 - Mary Rogers Kirby- did presentation for Loudoun County schools on loneliness for parents can share. Will forward to the committee members.

Closing Remarks

Jen Steiner and Emilee Pressman. Meeting adjourned at 9:00 pm following a motion of unanimous consent.