

From: Candace Hill, Chair, School Health Advisory Board

Through: Barbara Nowak, Health Services Coordinator
Staff Liaison, School Health Advisory Board

To: The Honorable Ramee Gentry, Chair, and Members of the Alexandria City School Board

Date: May 11, 2017

Topic: School Health Advisory Board 2016-17 End of Year Report

The School Health Advisory Board accomplished the following items during the SY 2016-2017:

- Monitored the Health Access Outreach for uninsured families to increase participation in FAMIS and FAMIS Plus this school year. Data was presented on the number of uninsured (See Attachment A. SHAB Health Outreach Access Report and Attachment B. Connecting Uninsured Children to Coverage)
 - ACPS included the Health Insurance and Healthcare Access Flier (translated in Spanish, Amharic, and Arabic) in the welcome packets distributed at the beginning of the 2016-2017 school year
 - Flier has been updated and ACPS plans to include it in the 2017-2018 packets.
 - The flier is also available in all four languages on the new ACPS website.
 - Forms are also being distributed in the ELL Registration Office.

- Monitored ongoing programs, needs, and implementation of school-based healthcare initiatives including general nursing care, oral health screenings, the Teen Wellness Center (TWC), and the WOW Bus. See attachments C and D for number of health services delivered by the TWC and the school nurses, respectively. SHAB recognizes the increase in access to dental services with highlights listed below:
 - WOW Bus is treating students at William Ramsay, John Adams, Patrick Henry, James Polk, Mt Vernon Community School, and Cora Kelly.
 - ACPS Facilities arranging for the installation of the required electrical outlet at Samuel Tucker for WOW bus with a proposed start date of late August or early September 2017.
 - Neighborhood Health has received a grant to purchase mobile dental equipment and will include Jefferson Houston's Dental Room as a virtual WOW BUS event. Jefferson-Houston will be in the WOW Bus schedule starting with the 2017-2018 school year.
 - Total elementary school involvement will involve eight schools, all of which have free/reduced lunch rates greater than 55%.
 - The Oral Health Impact Project saw their first round of students at TCW-King Street and served over 150 students.

- ACPS is now working closely with the Alexandria Health Department (AHD) to analyze the BMI data from incoming Kindergartners to ACPS. Report is expected to show three year trend for data collected during school years 2014-2015, 2015-2016, and 2016-2017. Report completion anticipated for June 2017. AHD will submit the draft BMI report to SHAB for review and comments prior to finalizing it for release.

- Researching national best practices for required daily physical activity is ongoing. Reviewed summer PE program.

- ACPS encourages staff to incorporate exercise and movement into daily activities, including the support of bike and walk to school programs and movement during classes. Programs are not standardized across the

district, however, with not all schools consistently promoting activities to offer more physical activity to students. Highlights, include:

- Learn to bike program piloted in PE classes at Mt.Vernon Elementary School
 - A “study” beginning with a small group of teachers around classroom reboots. Sponsored by a community supporter, RunningBrooke, ACPS will be launching a pilot program involving the implementation of classroom movement opportunities, with the intent to gather info and apply to the rest of the division.
 - ACPS has also recently submitted a grant (roughly \$70,000) with Safe Routes to School that includes seven schools (six elementary and one middle). At each facility, key stakeholders have given input on how to improve the walking and biking to school efforts, and potential funding has been allocated to address the identified concerns. With or without funding, ACPS will still move forward to engage students in more physical activity during the school day using all of the low-cost measures and utilizing the assistance of each school’s leadership and community stakeholders. From the initial group of schools, ACPS would spread the lessons-learned from the pilot group to the rest of the division.
- Monitored ACPS 2020 strategic plan implementation of health and wellness goals and related incorporation of measurable health data into ACPS dashboard.
 - SHAB notes health data for ACPS dashboard includes attendance.
 - SHAB recommends a review of how attendance is measured/reported as SHAB members feel this data can be inaccurate.
 - Monitored problems with substance abuse and reviewed Developmental Assets data.
 - SHAB has requested to develop a schedule with ACPS to be receive briefings on all findings from health survey data in order to be able to review the YRBS and Developmental Assets survey results as soon as they become available.
 - Per SHAB’s end of year report for 2015-2016, ACPS has stated they plan to implement SAPCA Recommendations based on the 2013-2014 YRBS findings. For a review of those recommendations, please see Attachment E.
 - Reviewed Family Life Education (FLE) elementary curriculum and its plan for implementation.
 - SHAB recommended to ACPS that the elementary FLE curriculum language be updated to align with ACPS policies of inclusion.
 - SHAB noted inconsistencies in the elementary FLE implementation with the schools split on who handles implementation of FLE (roughly 50/50) between classroom teachers and Physical Education teachers.
 - SHAB recommends the standardization of how FLE is implemented across all schools to ensure that all students are receiving the same style and quality of instruction. (See Attachment F.)
 - With strong community partnerships (ACAP) and programs (Draw the Line, Respect the Line; and evidence-based curriculum) and a fully updated middle school curriculum, ACPS reports that teachers have more tools than in prior years to implement the FLE curriculum.
 - ACPS is trying to get several classes of Human Growth & Development moved back to the King Street campus for next year to expand the reach of the program.
 - ACPS also reports progress for FLE implementation in the self-contained setting. Teachers at all three levels were(are) involved in lesson adaptation, and piloting efforts are starting soon at the elementary level. ACPS reports that efforts have been reported to SEAC and are supported by the Office of Specialized Instruction (OSI).
 - Reviewed and made edits to Allergy Food Guidelines, JHCF-R. (See attachment G)

ATTACHMENT A.

SHAB Health Access Outreach Project Summary May 11, 2017

2016-17 Goals Completed

- Prepared data summary on health coverage for Alexandria children including total number of uninsured and estimate of children eligible for coverage but not enrolled.
- Disseminated data summary to School Board and requested staff share with Administrators and School Support Teams.
- Monitored ACPS efforts to identify uninsured students eligible for coverage and make referrals for enrollment assistance.

2015-16 Goals Completed

- Updated outreach flyer to prepare for fall 2015 federal marketplace open enrollment period.
- Ensured distribution of flyer through back-to-school packets.
- Prepared and disseminated data summary on health coverage for Alexandria children.
- Presented materials to PTAC and did outreach to PTAs.
- Posted updated materials on ACPS website.

2014-15 Goals Completed

- Updated technical assistance paper and outreach flyer to prepare for fall 2014 federal marketplace open enrollment period.
- Ensured distribution of flyer through back-to-school packets.
- Posted updated paper and flyer on ACPS website; worked with staff to improve navigability to make documents more accessible.
- Presented project update and materials to PTAC and interested WOW Bus schools.

2013-14 Goals Completed

- Finalized and distributed one-page flyer for families in four languages.
- Held informational forum for all School Support Teams.
- Held informational sessions for PTAC and WOW Bus schools.
- Coordinated outreach between WOW Bus provider and potential patients.
- Coordinated outreach to families with Virginia Health Insurance Exchange navigator.

2012-13 Goals Completed

- Reviewed ACPS health coverage outreach practices.
- Gathered and analyzed data available to show the number of uninsured children in Alexandria; also considered problem of families moving on and off coverage throughout the year.
- Gathered information about new federal health coverage options available in 2014 through Virginia health insurance exchange.
- Evaluated information currently used to identify needs to support increased outreach efforts.
- Prepared technical assistance document for use by all ACPS Nurses, Administrators, Counselors and Social Workers.
- Drafted summarized one-page outreach brief for families.
- Reported back to School Board on outreach education efforts.
- Held informational session for administrators.

SEE ATTACHMENT B

Connecting Uninsured Children to Coverage

(SEPARATE DOCUMENT ATTACHED)

ATTACHMENT C.

School Health Advisory Board Alexandria City Public Schools May 11, 2017

Teen Wellness Center Services Report

Teen Wellness Center Visits													
	Apr '16	May '16	June '16	July '16	Aug '16	Sept '16	Oct '16	Nov '16	Dec '16	Jan '17	Feb '17	Mar '17	Apr'17
Total Medical Visits	260	249	293	231	288	323	291	398	302	335	336	380	237
Child Health	51	67	96	113	119	104	101	197	92	67	106	79	54
Family Planning	149	141	138	83	106	115	107	134	106	169	123	198	106
Immunization	27	26	38	17	47	89	65	52	28	72	70	85	61
STD	33	15	21	18	16	15	18	15	23	27	19	18	15
Total Med Visits - MH	7	3	12	0	0	0	4	27	8	8	18	5	6
Total Med Visits - TC	253	246	281	231	288	323	287	371	294	327	318	375	231
Undup Med Pt Counts	194	209	225	202	238	253	240	296	228	247	262	294	194

TWC Updates:

- Decline in visits for April due to Spring Break and additional Teacher Work Day where no students were present. TWC used this opportunity of less patient visits to do maintenance activities including purging charts and review policies.
- New full time PNP has allowed TWC to see over 100 more teens each month.
- We have focused our immunization efforts on completely immunizing all new immigrant teens and completing the HPV vaccine series for boys and girls coming to the clinic.
- Long term birth control LARCS insertion has doubled from last year's numbers.
- Health educator has taught classes at Minnie HOWARD on Healthy Relationships and Contraception and continues to actively work with ACAP in conjunction with their PREP grant by providing support for classes in the middle schools to highlight Teen Wellness Center services and resources for students.
- Teen Wellness Center Student Advisory Committee continues to meet periodically through the remainder of the school year. Information from students will be used to develop outreach, health education, and other TWC initiatives.
- Minnie Howard continues with regular weekly hours available.
- Planning in collaboration with athletic department for doing football physicals two days in June to avoid last-minute rush at the end of summer.

ATTACHMENT D PLACE HOLDER
FINAL SCHOOL HEALTH SERVICES REPORT

ATTACHMENT E.



School Health Advisory Board Meeting
March 17, 2015

Based on the 2013 - 2014 Youth Risk Behavior Survey the Substance Abuse Prevention Coalition of Alexandria recommends the following activities to address youth substance use among Alexandria youth:

YRBS Finding: The youth usage rate is highest among 12th grade students for all substances. Twelfth graders also have the lowest perception of risk from regular use of alcohol and marijuana than any other grade level. Substance abuse prevention curriculum and/or programming is currently delivered during health class which ends in tenth grade.

Recommendation: Provide substance abuse prevention curriculum/programming to students through 12th grade.

YRBS Finding: The perception of risk from marijuana use significantly declined among high school students since 2011. Youth lack the proper information and are unaware of the consequences of youth marijuana use.

Recommendation: Increase education on the harms of youth marijuana use and the impact youth use will have on the adolescent brain.

Based on the YRBS findings and the needs of the Alexandria's youth, SAPCA recommends the following:

Recommendation: Provide annual professional development opportunities for physical education and health teachers to improve their knowledge and understanding of youth substance use and the risks associated with use. Health and physical education teachers lead the prevention efforts among Alexandria youth, educating youth on the harms of youth substance use. Teachers need support and professional development opportunities to learn about the harms of youth substance use and understand the latest research on the adolescent brain.

ATTACHMENT F.

School Health Advisory Board Meeting
May 11, 2017

Based on the 2016 - 2017 review of the Family Life Education (FLE) curriculum for elementary schools, the School Health Advisory Board (SHAB) recommends the following activities to address the lack of standardization in how schools implement the FLE curriculum.

Finding from SHAB Review: About 50% of schools are teaching FLE to elementary students in the classroom and 50% are teaching FLE in Physical Education (PE) classes. The classroom is preferable to the gymnasium as it provides a more intimate environment and the ideal conditions conducive to thoughtful and meaningful teaching and learning practices which oftentimes includes sensitive materials. With the expanded teacher certification options the division has recently created, plenty of opportunities exist for prospective FLE teachers to obtain certification.

Recommendation: ACPS should standardize FLE curriculum implementation across all schools to ensure that students are receiving the same style and quality of instruction. It is also recommended that Family Life Education (FLE) implementation occur in the classroom setting with no more than 30 students.

Finding from SHAB Review: Some of the language in the FLE curriculum required updating to align it with ACPS school policies of inclusion. SHAB worked with ACPS to change this language to bring it into alignment.

Recommendation: Regarding FLE curriculum implementation, SHAB recommends adherence to the recently updated curriculum guides and other approved materials. Parents and guardians have the right to preview all materials that will be used in their child's classroom.

Based on SHAB's review, members recommend the following:

Recommendation: Classroom teachers should teach FLE on a consistent basis inside their rooms. Whether this is done as a scheduled event every week or two, or by taking advantage of early-release days, field trips, or other atypical school days, students should not experience these lessons in complete isolation from earlier material. The curriculum has been designed so that only a handful of lessons need to be taught each quarter, emphasizing skills, behaviors, and attitudes vital to one's healthy development.

Finally, SHAB strongly recommends that teachers who received initial FLE certification five or more years ago attend an FLE "Refresher Course." This two-day afterschool event happens two or three times a year, and serves to provide veteran teachers with the latest information and pedagogy pertaining to FLE instruction.

ATTACHMENT G.
JHCF-R - UPDATED FOOD ALLERGY GUIDELINES