

FROM: Charles Sumpter, Chair
School Health Advisory Board

THROUGH: Barbara Nowak, School Health Coordinator
Julie Crawford, Chief of Student Services, Alternative Programs, and Equity

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

DATE: September 13, 2018

TOPIC: School Health Advisory Board End of Year Report 2017-2018

The School Health Advisory Board accomplished the following items during the 2017-2018 School Year:

1. Encourage health access for uninsured students by monitoring surveillance data and ACPS outreach efforts.
 - a. The Health Insurance and Healthcare Access Flier has been updated in collaboration with the Alexandria Health Department and Neighborhood Health. The updated form has been translated into Spanish, Amharic, and Arabic. This form has been included in the Welcome Packet for the 2018-2019 School Year, posted to the ACPS website, and made available to the EL Registration Office for distribution to families.
 - b. School Nurses continued worked with Inova Partnership for Healthier Kids to identify uninsured children and connect them to an appropriate and affordable source of quality healthcare services through programs like Medicaid, CHIP and local safety net providers.

SHAB recommends that ACPS continue the Health Insurance and Health Access Flier and the collaboration with the Inova Partnership for Healthier Kids.

2. Continue to monitor ongoing programs, needs, and implementation of school-based healthcare initiatives, including: general nursing care; oral health screenings; the Teen Wellness Center, and the WOW Bus.

a. Summary of School Health Report

**Alexandria City Public Schools
School Health Advisory Board
School Health Services Report 2017-2018**

	Enrollment Average	Office Visits Total	Return to Learn (RTL)	Percent RTL	Medications Daily+PRN	Procedures	Screenings	IHP (YTD total)
ANNUAL DATA								
2017-2018	15,376	57,772	50,442	87.3%	21,776	9,257	8,961	1,657
2016-2017	15,317	51,859	45,544	88%	20,813	9,146	10,614	704
2015-2016	14,650	48,843	42,886	89%	19,939	10,297	9,771	No data
% Change 16-17 to 17-18	+0.4%	+11.4%	+10.5%	-8%	+4.6%	+1.2%	-15.6%	+135.4%
MONTHLY DATA								
9/2017	15,495	5,122	4,639	90.6%	1,556	881	1,862	698
10/2017	15,455	6,145	5,507	89.6%	2,107	1,072	3,442	939
11/2017	15,573	5,084	4,505	88.6%	2,114	968	1,616	942
12/2017	15,449	4,805	3,940	82.0%	1,709	739	347	978
1/2018	15,432	5,334	4,528	85.0%	2,192	878	374	912
2/2018	15,384	6,931	6,076	87.7%	2,303	987	363	1,201
3/2018	15,049	5,418	4,887	90.2%	1,984	877	267	1,216
4/2018	15,363	7,482	6,402	85.6%	2,794	1,012	227	1,231
5/2018	15,227	7,775	6,645	85.5%	3,220	1,098	270	1,482
6/2018	15,330	3,676	3,313	90%	1,797	745	193	1,657

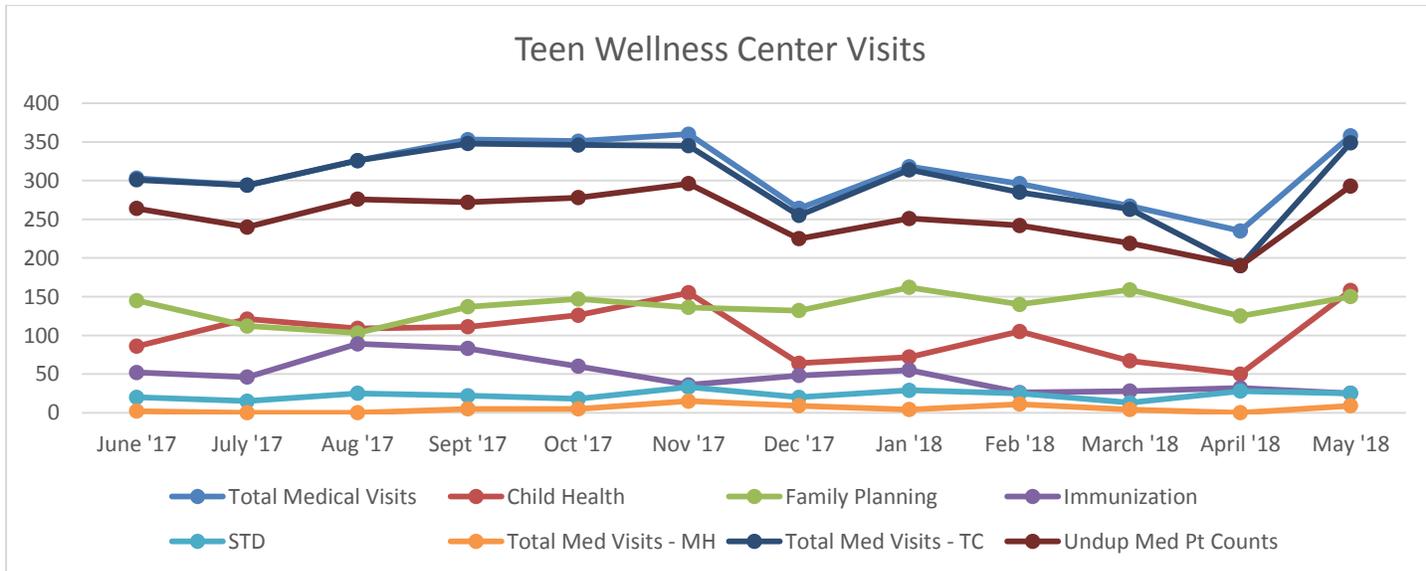
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b. Summary of the Teen Wellness Center

**School Health Advisory Board
Alexandria City Public Schools
June 14, 2018**

Teen Wellness Center Services Report

	May '17	June '17	July '17	Aug '17	Sept '17	Oct '17	Nov '17	Dec '17	Jan '18	Feb '18	March '18	April '18	May '18
Total Medical Visits	343	303	294	326	353	351	360	264	318	296	267	235	358
Child Health	132	86	121	109	111	126	155	64	72	105	67	50	158
Family Planning	149	145	112	103	137	147	136	132	162	140	159	125	150
Immunization	42	52	46	89	83	60	36	48	55	26	28	32	25
STD	20	20	15	25	22	18	33	20	29	25	13	28	25
Total Med Visits - MH	8	2	0	0	5	5	15	9	4	11	4	0	9
Total Med Visits - TC	335	301	294	326	348	346	345	255	314	285	263	190	349
Undup Med Pt Counts	293	264	240	276	272	278	296	225	251	242	219	190	293



TWC Updates:

- Public Health Nurse – Lauren McClure started on May 21 and is fitting in nicely with the team. She helped with the sports physicals during her first week and is focusing heavily on immunization training now. She is bright and will be almost fully functional by the start of the school year.
- Open House was held on Thursday, June 7 from 4-6PM. Thanks to Meghan, Kayla, and Raashi (AHD Communications Officer) for all their hard work. We had a great response (no one actually counted, unfortunately), including some City Council representatives and many first-time

visitors. We count it as a great success for TWC, and thank the ACPS partners who showed up to support our efforts. We will probably look at doing it again in a couple of years.

- Kayla Rodgers, Health Education Specialist, continues to work with students and also within the community. She will be facilitating part of our HIV testing grant by developing a plan to train at least two peer educators (over the summer) for implementation in the fall to promote testing.
- Did football physicals May 21-25 at TC (79 total) and June 11-12 at Hammond (37 total). We are not able to do GW this spring, but will work toward offering that site in the future.
- Planning for renewal of MOU with ACPS (supposed to be by June 30, 2018) – will be delayed due to TB contact investigation that has consumed everyone’s time for the last two months.

c. Summary of Student activity on the WOW Bus

**Alexandria City Public Schools
School Health Advisory Board
Oral Health/WOW Bus Report 2017-2018**

	Days of Service	New Students	Returning Students	Total Students	Procedures	Students/Day	Procedures/Day
Annual Data							
2017-2018				688	1,574		
2016-2017				478	818		
% change				↑43.9%	↑92.4%		
Monthly Data							
7&8/2017	12	21	67	88	166	7.3	13.8
9/2017	10	67	2	69	152	6.9	15.2
10/2017	13	89	4	93	180	7.2	13.8
11/2017	11	60	8	68	149	6.2	13.5
12/2017	13	62	23	85	146	6.5	11.2
1/2018	10	17	51	68	148	6.8	14.8
2/2018	10	11	40	51	171	5.1	17.1
3/2018	8	10	33	43	113	5.4	14.2
4/2018	9	17	33	50	152	5.6	16.9
5/2018	15	26	47	73	197	4.9	13.1
6/2018	0*	0	0	0	0	0	0
Annual Total	111	380	308	688	1,574	6.2	14.4

*Service not available due to lack of dental providers for the 2017-2018 School Year.

WOW Bus Locations for 2016-2017: PHES, WRES, JAES, JKPEs, CKES, MVCS, and STES.

WOW Bus Locations for 2017-2018: PHES, WRES, JAES, JKPEs, CKES, MVCS, STES, JH, and TCW.

SHAB recommends that ACPS continue to collect and review outcome data to ensure proper use of ACPS resources and partnerships.

3. Promote programs and develop measures in an effort to identify and begin decreasing childhood obesity. Monitor BMI data and ACPS efforts to encourage the incorporation of exercise and movement into daily activities, including the support of bike and walk to school programs and movement throughout the day:

- a. Title IV, Part A grant
 - i. Physical activity and nutrition portion
 - ii. Implementation and evaluation
 - iii. Impacting four West Side elementary schools selected via BMI data
 - iv. Physical Education Initiatives
- b. Bicycles in the Schools (BITS) program
 - i. 8 schools, roughly 1000 students served
 - ii. 5 Bike rodeos provided, serving roughly 150 students
- c. Elementary Swimming Program
 - i. 4 schools, roughly 400 students
- d. Reboot Initiative
 - i. RunningBrooke-sponsored PD, teacher activity packs, funding
- e. Safe Routes to School
 - i. Currently executing \$76,000 grant providing part-time coordinator
 - ii. Recently submitted \$94,000 grant for FY 19
- f. ACPS Finding Fit Initiatives
 - i. Spring Challenge, 9 schools and Central Office participated
 - ii. Barre classes at 3 sites across the division for 4 consecutive weeks, roughly 150 total employees participated.

SHAB recommends that ACPS continue to promote and develop measures that monitor childhood obesity rates.

4. Research national best practices for required daily physical activity and recommend changes as appropriate. Monitor health and physical education curriculum and implementation.

- a. Pre and post fitness scores are being sent home to parents using Wellnet software.

SHAB recommends that ACPS review and apply other national best practices to ensure Alexandria is in alignment with similar jurisdictions of size and scope.

5. Monitor the ACPS 2020 strategic plan implementation of health and wellness goals and related incorporation of measurable health data into ACPS dashboard.
 - a. SHAB did not specifically track ACPS 2020 strategic plan implementation last school year, but is interested for the upcoming school year of reviewing nutrition services measures that are part of the 2020 strategic plan Goal 5.5.
 - b. SHAB did participate in a demonstration of Alexandria's Health Matters in Dashboard put specifically for SHAB by the Alexandria Health Department. The Health Matters in Alexandria dashboard is a web-based resource through which the Alexandria community can learn about community health and wellbeing within the City of Alexandria. The site, which is maintained by the Alexandria Health Department, provides information on topics including local health, promising best practices, and community news & events. We invite planners, policy makers, and community members to use the site as a tool for community assessment, strategic planning, identifying best practices for improvement, collaboration and advocacy.

SHAB recommends that ACPS continue monitoring implementation of the 2020 strategic and begin planning for the next strategic plan update, which should include further integrating with other established city initiatives such as the health matters in Alexandria disparities dashboard, and the community health improvement plan.

6. Review the survey findings from the Youth Risk Behavior Survey (YRBS) and Developmental Assets data. Monitor that preventive programming has been implemented to address identified problems, consulting with local resources, E.g. Substance Abuse Prevention Coalition of Alexandria (SAPCA) and the Suicide Prevention Alliance of Northern Virginia (SPAN).
 - a. ACPS has hired a new drug abuse specialist to provide education on drug addiction and counsel students with addiction behaviors.
 - b. Clint Page and Dr. Julie Crawford provided SHAB with an overview of the YRBS results at the December 14, 2017 meeting. SHAB members were concerned with the results of the survey, particularly in the area of mental health. Reported levels of having an injury after attempting suicide was higher in Alexandria City (6.9%) than CDC national estimates.

SHAB recommends that ACPS continue to monitor survey results and develop initiatives that focus specifically on student mental health and suicide ideation.

7. Monitor Family Life Education curriculum content and implementation.

- a. Family Life Education Curriculum in elementary and middle schools is presented using two different models. Research defines best practice as classroom teachers presenting the material in small class settings. Some schools are using best practice standards and others assign the FLE to the PE teachers. The PE teachers are taking time away from activity and pick the top 8 – 10 most important lessons that can be presented in 45 minute sessions. Some PE classes are large groups, over 90 students, which does not fit the best practice standard. FLE is based on the new curriculum that was developed to meet SOL standards. State guidance is very nebulous. Last year SHAB worked to approve the new curriculum. There has been less than full fidelity in FLE implementation for this school year. The VDOE recommends all teachers be trained before presenting the FLE curriculum and ACPS has changed their position to align with the VDOE directive. Despite these changes there is inconsistency in teacher training.
- b. The School Board changed the requirement from FLE training required for all freshman students to an elective. This has changed the course to an opt-in rather than opt-out, thus reducing attendance in the course.
- c. SHAB was provided an update briefing at the May 2018 meeting.

SHAB recommends ACPS revisit the decision to change FLE training to an elective rather than as a requirement, considering the significant drop in attendance and to ensure students are receiving the same style and quality of instruction since the most recent change.

8. Develop a process in coordination with ACPS staff for timely evaluation of ACPS policies and guidelines germane to SHAB

1. Jennifer Abbruzzese provided the list of School Board Policies germane to SHAB.

Review and made recommendation on the following Policies:

- a. EBBA – First/Aid
- b. JHCD – Administering Medications to schools
- c. JHCF – Student Wellness
- d. JFCI – Student Abuse – Student Assistance Program
- e. JHC – Student Health Services and Requirements

SHAB commends ACPS for providing the opportunity for SHAB members to review and provide input on health policy and related guidelines. SHAB continues to recommend that ACPS staff provide the full SHAB membership with an opportunity to provide input with appropriate notice.

School Policies Germane to SHAB

EBBA	First Aid/CPR	Feb. 2018	Agreed with minor changes suggested by VSBA.
JFCI	Substance Abuse – Student Assistance Program	Nov 2017	
JHC	Student Health Services and Requirements	Nov 2017	
JHCA	Physical Examination of Students		
JHCB	Student Immunizations		
JHCC	Communicable Diseases		
JHCCA	Blood Borne Contagious or Infections Diseases		
JHCAA-E	Students with Human Immunodeficiency Virus		
JHCD	Administering Medicines to Students		
JHCD-R	Medication Regulations for Students	June 2018	Align medication administration with VBON Scope of Nursing Practice.
JHCE	Recommendation of Medication by School Personnel		
JHCF	Student Wellness	June 2018	
JHCF-R	Wellness Guidelines		
JHCH	School Meals and Snacks		
JHCL/GBEF	Lactation Support		
JHCL-R	Lactation Support Guidelines		
JHH	Suicide Prevention		
JJAC	Student Athletic Concussions During Extracurricular Activities		