

Alexandria City Public Schools
SCHOOL HEALTH ADVISORY BOARD MINUTES
February 14, 2019 | 4:00 – 5:30 PM

Called to order at 4:05 pm

Attendees: Julie Crawford, Robyn Douglas, Mary Harper, Karen Seaver Hill (chair), Mike Humphreys, Rachel Mendelson, Vivek Sinha, MD, Brittany Wood, with guests Lisette Torres, Stephanie Fellenberg, PsyD., Councilman Canek Aguirre, Jeff Carpenter

ACPS staff liaison, Barbara Nowak; ACPS School Board staff, Jennifer Abbruzzese and ACPS School Board liaison, Margaret Lorber.

Absent: Deborah Bowers, Freddi Brubaker, Connie Johnson (vice chair), Mike Humphries

I. Approvals:

- Agenda was adopted with no changes.
- January 17, 2019 Meeting minutes approved with corrections.

II. Action Items | Policy Review

A. School Nutrition

JHCH – School Meals and Snacks

Current policy is based on statutes in VA code. General Assembly makes adjustments and ACPS is required to adjust. Information on 2/21 and for approval 3/7. The approvals are merely the statutory changes.

However, there are other areas where there can be adjustments – perhaps the policy is silent, or an issue is raised where there is no policy? July 1, 2017 there was a change of policy regarding unpaid meals. Now, having lived with the changes for 1.5 yrs. we can assess the impact/implementation of the policy. ACPS needs to build in stronger accountability for when negative balances are perpetuated, and balances are rising. Shows some trouble spots that need earlier intervention. Want to revise the policy to spell out procedures, beef up accountability, and outreach to students/guardian about meal benefits (free/reduced). Will require meetings with individual school principals and other leaders.

The items in blue are purely statutory. They do not address the above comments regarding improved performance.

Competitive foods apply only during regular school hours which are sold, but not by ACPS nutrition services. There are exemptions approved by principals, otherwise competitive foods must meet guidelines. For example: in ES allowed 2x year as fundraisers; in HS each club/organization can have 1x year fundraiser. There is a record-keeping requirement, which can be written in to 3rd party vending contracts.

Expect the School Board to have questions about unpaid meal policy and record-keeping burden.

Public Charge Rule does not affect school lunches. ACPS is working with parent liaisons to address family concern. Free/reduced meal enrollment has reduced on average 3-4% and in some schools 10%. No data are available about the number of families that took advantage of free/reduced lunches during Government Shutdown. However, during that time there was an increase of 10% in unpaid meals.

ALL ACPS students get a lunch. Regardless of money on account or money in hand. All children get a meal.

Discussion:

- Food insecurity is a big problem for a school division. Perhaps SHAB needs to monitor and watch surveillance data ACT for Alexandria/Hungry Free Alexandria. ACT for Alexandria has donor-advised funds and we could perhaps find a donor?
- Does ACPS utilize a social needs screener? Universal screener? There are social histories collected for specific, high risk populations (ie homeless).
- Brittany: audit will start on 3/18 at William Ramsey just for supper. Based on risk assessment will audit George Mason, Cora Kelly, GWMS.

Policy - ACTIONS

1. Jenn: the FLE policy that SHAB already discussed will be brought to the board in March or April
2. Jenn: Next policy for SHAB – review all the policies that relate to student wellness and physical activity. Target April 11th meeting for discussion. Bring to principals and other stakeholders to bring to the Board by June meeting.

III. Discussion Items

A. Physical Activity/Running Brooke

Mental, physical health and academic achievement related to movement and physical activity.

Ideas for integrating movement in the school day.

30 min of recess daily in each school. Another example: Morning Meeting uses “responsive classroom”

SHAB believes in the science and importance, but need direction in how to be impactful to help.

RunningBrooke is conducting grass tops and grass roots strategies/bottom up and top down to make the changes in a classroom. Mike K is offering a *free* presentation at an upcoming Principals’ Meeting.

Discussion – action ideas:

- Could SHAB have a statement and policy. This is important..... we believe..... we know..... This can be tied into the SOW and the annual report. SHAB can make a recommendation about including KPI around movement in the classroom, incentivize performance of faculty.
- Vision for 2020 should have something very specific for the school district. What is a KPI that is measurable and achievable. This would run through office of accountability w/ Clint Paige. Could we come up with a crosswalk to things that the school is already measuring?
- Could we map against BMI. Could we map against community health needs assessment where there are high risk areas.

- Can we correlate with test results? Outcomes? Teachers report of student behavior and disruption.

Movement Challenge in month of March. Movement mentor in each school will show and teach teachers that have signed on to get their kids active. Will track. Get data and get feedback. Incent schools and teachers – cash prizes attached to movement. Ie 25 teachers at John Adams. No cost to participate and each teacher will receive the back and training.

25th Hour PE represents another closed population to leverage that can self-report movement and attitude toward movement and lifestyle change.

Conduct mini grants of \$500 to get kids active in classes (ie: standing desk; cup stacking planks). Can talk to Helen Lloyd in ACPS communications (Express) to keep the word up among teachers. Have awarded 100 so far.

What about outside providers/afterschool providers (Key Clubs, tutors, Campagna) and how they are consistent. Could SHAB recommend that that 3rd party providers are expected to incorporate x% of movement and provide resources to do so.

B. School-based Health Professionals

Chief Student Services, Julie Crawford is in the process of studying the SST student support teams.

Jeff reported: Collected information about national standards and compared to surrounding jurisdictions, compared to assessed needs and demographics. Came up with ideal SST vs acceptable SST. Has been submitted to finance.

Discussion items:

- How can we grow our SST as we grow our schools? What is the formula for growth/reduction? This research did NOT include dept public health or other agencies.
- ACPS has a retention challenge due to volume of work and rate of pay. Especially true for higher licensed clinicians like LPNs
- RN in every building is best rec from NASN and AAP. LPN is skilled in assessment and can work with medically fragile for children w/ medical complexity. Required to have the LPN with each child so therefore ACPS
- Social complexity follows the acuity of the child. It is ratio and acuity index that is needed to “right size” the staffing. Ie kids a Chance for Change and Satellite (ie 80% of kids have IEP)
- How much revenue from Medicaid is billed via nursing, social work and psych?
- In principle seems so necessary to increase ratios but difficult to find funding. Counselling staff have increased but perhaps SW staff has not.
- ACPS as a district has many needs that are quite different than other jurisdictions. We need to have predictability in budget/staffing to adjust to needs.

Action: Jeff will see what of the collected information already submitted to finance is available for distribution to SHAB.

IV. Reports

A. Student health services

Typically the report is monthly. WOW is back up and running. Have data about self-pay/privately insured in addition to Medicaid insured.

Kudos to Barb for managing staffing for the WOW bus and managing facilities. 7 per day for the 10 days open.

B. Misc. member announcements

Meeting adjourned at 5:10 p.m.