

Alexandria City Public Schools
SCHOOL HEALTH ADVISORY BOARD MINUTES
January 17, 2019 | 4:00 – 5:30 PM

Called to order at 4:10 pm

Attendees: Julie Crawford, Robyn Douglas, Wendy Harper, Karen Seaver Hill (chair), Mike Humphreys, Rachel Mendelson, Vivek Sinha, MD, Brittany Wood, with guests Lisette Torres and Jim Durham.

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

Absent: Deborah Bowers, Freddi Brubaker, Brooke Sydnor-Curran, Connie Johnson (vice chair)

I. Approvals:

- Agenda was adopted with new Board Liaison comments moved to the final agenda item.
- November meeting minutes changes included: request to add referenced policies chart; correction to list of absentee members to include Deborah Bowers; correction of reference to SIECUS.

II. Action Items | Policy Review

A. Family Life Education

Mandate was removed from Human Growth and Development has had negative unintended consequence that enrollment has dropped.

Many stakeholders, including department leaders, have been discussing a strategy to strengthen the FLE content. Suggest: Scale down year-long course to a short-term course that can be roughed out to be 4-5 units for 100% of 9th graders (mandated with Health/PE) with 3-5 lessons each. Can repeat in the 10th grade with some additions. Would last 4-6 weeks. Next year will still offer year long, Issues Impacting Today's Teens.

Mike Humphries indicates there is a draft description for the Program of Studies for academic year 2019/2020.

VA General Assembly HB1693 is an Amendment to the FLE State Policy. Specifically calls out this content for students with intellectual/emotional disabilities.

- Lisette Torres provided a link for SHAB member reference: HB1693 <http://lis.virginia.gov/cgi-bin/legp604.exe?191+sum+HB1693>

Action items:

- Keep this transition on the radar by monitor the development and enrollment
- Submit a statement via Advisory Committee Memo to the School Board

B. School Nutrition-related Board Policy (JHCH)

ACPS had a large overhaul in 2017 so we are not facing a lot of required changes. The only difference is VA law wants us to be explicit. ACPS has taken approach of being inclusive, non-shaming and non-punitive in meal access. Now, need to insert explicit language about meal debt and penalty.

If you qualify, will not be denied a meal if there is a negative balance. If students present with money with the intent to purchase, that cannot be re-directed to meal debt. ACPS has this intent, but the language needs to be explicit.

Competitive food – in vs out of healthy school guidelines. There are specific times when this is not required.

State audit of VOE, but could have a national rep for FDA. March 19-22 audit of school nutrition services will also look at policy. Brittany will find out which schools will be audited

Action Item:

- Jennifer Abbruzzese is meeting w/ School Nutrition Svcs Director on 1/18 and will follow up with SHAB with draft language. SHAB will fully discuss on 2/14.

III. Discussion Items

A. MOVE2LEARN Summit

Booke Curran was unable to provide a report to SHAB, however other members attended the Summit. They reported...3rd consecutive year for the summit and has grown in attendance and reach. John Rady, author of *Spark: The Revolutionary New Science of Exercise and the Brain* delivered the keynote. How much movement can impact the brain. Paul Zientarski, from Naperville, IL who was instrumental in architecture and PE. Kinetic classroom ... why movement is so important to move – jumpstart brain, kids comfort levels.

The research that supports the work is extremely compelling. Correlation between movement and test scores. Demonstrated brain activity related to physical activity. Studies that showed brain growth.

Is there a larger body of research and does ACPS have general awareness of the research? How can this information be more accessible for teachers via PLMS system? Classroom teacher needs to consume the information but principals can help to change the culture.

The previous School Board received copies of *Spark*. The data has been around long enough that there is no longer a reason to adjudicate “the why”. What if SHAB lined up public comment and advocacy for more movement in the school day? Test scores and other positive outcomes.

Many teachers are being trained to integrate movement into the room and instruction. 9-12 has been using Kagen Strategies.

Culture strategy – how to get more principals exposed to the work. Principal from Jeff Houston attended and already spoke highly. How else can SHAB get them to protolyze?

Follow up meeting with Brooke and PE staff to see what else ACPS can do to engage movement.

What other community partners/after-school providers/tutors/volunteers could do? Could ACPS issue a statement of expectations for movement?

Employee wellness program and incentives. HR has webpage of resources. Are there materials that RunningBrooke can share to help change employee culture

Facilities design could include access to standing desks and movement.

Easy – not overwhelming

B. New Board Liaison, Margaret Lorber

Margaret provided personal and professional background:

Was pushing school breakfast in 1970s. non-profit public interest advocacy (food service, WIC, school breakfast..) disability advocacy, parent involvement in title 1. Public benefits advocacy for high needs kids. Worked on federal, state and local advocacy and policy implementation.

Extensive international experience in Spanish-speaking and Latin communities. Worked for ACPS for 9 yrs to improve communication with non-Engl speaking families. Became Parent Liaison Helped introduce Language Line – thanks to the school nurses who wanted interpreter services.

Recognizes that we are a team trying to make the system work for kids. Recognizes how slowly the School Board moves. Prioritizes respect for faculty, admin and families. The new school board is exceedingly unified – equity, respect, manner in which people are treated.

Margaret believes SHAB will have great support from School Board and the “young” members of the City Council. There is a positive moral compass that supports health and wellness; mental health and whole child.

Believes in advocacy – wants to see SHAB ask for more. Margaret articulated a few priority interests:

1. Movement and wellness. Such as, data and compelling message of Move2Learn
2. Behavior management and neurodevelopment – restorative practices
3. Concerned about capacity w/in ACPS for allied clinical roles and support services (ie SW, RN, Psych

Discussion w/Margaret: What is the timing of the next strategic plan? For example, what about movement. ? Hutchins will prioritize equity.

Children Youth Master Plan – whole child (mental, physical, social, emotional)

Community Health Assessment will wrap up in June 2019 – data analysis is ongoing; online dashboard is available. Community Health Improvement Plan will follow and is expected in December 2019. Could SHAB take a look at that surveillance data and interpret what is important for school board consideration/action steps?

- Link to the Health Department’s Community Health Priorities Dashboard
<http://www.healthmattersalexandria.org/>

IV. Reports

A. Student health services

Congratulations!– WOW bus has made it to International Academy and all students toured. SHAB recognized this has been a long and persistent journey.

2nd nurse hired to TC now have 2.5 FTE at the high school; satellite has .5 FTE

Number of students have increased by 50% only because of increased documentation. Will look for true numbers – office visit number may go up.

B. Member announcements

Children and Youth Mental Health Subcommittee coordinated by Dept of Health is interested in forming trauma-informed community. Will be discussed at a January 22nd meeting. Agenda also includes inventory of community and school-based services that promote children and youth mental health.

ACAP's State of Teen Pregnancy meeting on February 11 Beatley Library 4-5:30 all welcome.

Meeting adjourned at 5:30 p.m.