

**ALEXANDRIA CITY PUBLIC SCHOOLS
SCHOOL HEALTH ADVISORY BOARD
MEETING MINUTES**

March 17, 2016

4:00-5:30 pm

Samuel W. Tucker Mini-Auditorium

SHAB Member Attendees: Candace Hill (Chair, parent/ACOAN), Rose Berler (community/Nurse), Angelica Garcia (AHD/TWC), Mike Humphreys (ACPS), Shelly Morgan (parent/SAPCA), Lisa Perry (parent/Nutritionist), Julie Rocchio (parent), Dr. Vivek Sinha (Medical Consultant)

Other Attendees: Cindy Anderson (ACPS School Board Liaison), Van Do (FCS, SNAP-Ed), Barbara Nowak (ACPS), Tricia Rodgers (Northern Virginia Health Foundation), Olga Wright (ACPS)

Call to Order

Chair Candace Hill opened. Barbara Nowak was note-taker.

Adoption of Meeting Agenda and Approval of Meeting Minutes

The meeting agenda was reviewed and approved with some changes. The minutes of the February 18, 2016 meeting were reviewed and approved.

Old Business and Action Items

FLE Implementation – Mike Humphreys presented answers to SHAB members’ questions about FLE implementation in writing. Mike also reported that he has enlisted to the help of teachers to further develop the curriculum. By the end of April, the curriculum will be reviewed by a small teacher group. Once approved, the curriculum will be reviewed by a larger teacher group and implementation will begin with the 2016-2017 school year. Teachers will be able to choose whether to present FLE curriculum during multiple classes at various times or one day a week. Middle school will be presenting “Draw the Line, Face the Line” curriculum. High School will have one teacher for an optional FLE class. This same teacher will also be training and certifying other teachers over the summer. Julie Rocchio reported positive feedback from her daughter about the program at Hammond. She asked whether classroom or PE teachers are expected to teach FLE. Mike reported that any teacher presenting FLE must take a preparation course and it requires one or two people per grade level, but there is no directive that PE teachers have to be the FLE educator. Julie Rocchio also asked Mike Humphreys about his report that 40% of students opt-out in 9th grade attributed to course conflicts. She expressed concern about whether the increase in FLE opt-outs demonstrates that ACPS is not following consistent guidelines for opt-out procedures in high school. Candace offered the support of SHAB to help with implementation.

Health Access Outreach Project – Julie Rocchio presented data demonstrating the number of uninsured children in Alexandria, noting that most of the uninsured are likely eligible but not enrolled in federal or state coverage. SHAB will share the recent data with the School Board and local community groups with an interest in public health. Julie presented an updated of the SHAB Health Access Outreach Project and advises in 2016-17 forward SHAB shift from technical assistance and public information to just data surveillance and program monitoring. Barbara Nowak reported that PHK sent around 2,000 letters to families with unknown insurance and was able to connect 25% of those families with public insurance.

YRBS – Shelly Morgan presented recommendations from the Substance Abuse Prevention Coalition of Alexandria in response to latest YRBS data. Shelly reported that 12th graders have the lowest perception of risk and largest usage and recommended substance abuse curriculum be given throughout high school. She also recommended that SAPCA provide an assembly-based presentation at least twice a year in the high school. She discussed the perception of risk for using of marijuana is decreasing and has feedback from presenting to Hammond that middle school students do not understand harms of marijuana use. She also recommended substance abuse training for teachers.

Physical Activity Best Practices – Candace Hill reported doing a literature review with Julie Rocchio regarding best practices for physical education in schools. They found a CDC report as the best model which suggests PE class every day. Members discussed how logistics make that difficult and discussed an assessment of all activity happening in schools. Alternatives were discussed such as holding early recess as students arrive and putting more movement into the school day. Members also discussed how physical activity competes with scholastic activities and that there is a large drop off in activity from 9th grade through 12th grade. Candace highlighted disparities between families able to offer their children physical activity through private programs. Cindy Andersen announced an information session sponsored by Running Brooke in June.

ACPS Strategic Plan Dashboard – Members reviewed Strategic Plan data related to school health and were asked to bring questions to the May meeting.

By-Laws Update Approval – Julie Rocchio presented suggested edits to make SHAB by-laws most current with the Virginia state code and practices. SHAB approved all suggested edits.

School Health Services and WOW Bus Report – Barbara Nowak shared current data on all school health services and WOW Bus activity.

Teen Wellness Center Services Report – Angelica Garcia shared latest data on the Teen Wellness Center and announced that a new Nurse Practitioner is starting next week.

2015-16 Year-End Report and 2016-17 Scope of Work – Candace Hill led a discussion about preparation of the 2015-16 Year-End Report and 2016-17 Scope of Work, Members discussed continuing most goals unchanged. Suggested changes should include combining goals on strategic plan and measurable data, and making edits to the goals on health access outreach and physical activity best practices. Candace Hill requested information from members for year-end report and announced that a subcommittee will prepare draft report and scope for review at the May meeting. Barbara Nowak asked about advocacy for a School Based Health Center at the new Patrick Henry School. Julie Rocchio said it was promoted early on and now she believes the project is too far along to include it. Julie promised to provide Cindy Anderson with information about the history of SBHC space in new ACPS buildings.

SHAB Leadership – Candace Hill asked members to let her know if they have an interest in leading SHAB, noting that she and Julie Rocchio have one more year to serve on SHAB and it is ideal to have overlap in institutional knowledge.

Communications and Addresses

Tricia Rodgers from Northern Virginia Health Foundation and the Suicide Prevention Alliance of Northern Virginia Advisory Board gave a presentation about local suicide prevention activities.

Future Business Dates

5/19, 4:00-5:30pm; location: Tucker Mini-Auditorium

The meeting was adjourned at 5:35 pm.