

SHAB Report to School Board 2020

Tobacco Prevention (April 2018)

The board discussed the growing prevalence of electronic cigarettes and JUUL use by students who mistakenly think it is a safe way to consume tobacco. These methods are much easier to conceal and it has been reported that students have been seen consuming them on school buses and on school property. Electronic cigarettes contain toxins and heavy metals and have been known to explode causing users to suffer burns and disfigurement. The board recommends that information about electronic tobacco devices be included in the Health Education curriculum and supports other measures to educate teens and their parents.

Measuring student height and weight (Feb 2018, April 2018, May 2018, March 2019, May 2019)

Final recommendation: Still not convinced that there is direct benefit to ACPS to using scarce resources to take these measurements and risk some of the negatives consequences that have been reported from parents and physicians around weighing children.

Epi-pens (Jan 2019)

ACPS participates in a grant program through the manufacturer of EpiPen brand epinephrine auto-injectors where the manufacturer provided each school with two sets of Epi-pens at no charge. In response to a nation-wide shortage of epinephrine auto-injectors, when the pens expired, the health advisory board recommended that effort should be made to obtain at least one to two pens for each school even if they have to be purchased since expired epinephrine is substandard care. If autoinjectors cannot be purchased due to the shortage, it is better to use the expired devices than none. The board recommends considering adding epinephrine as a line budget item if the grant program, through which epinephrine has been supplied to the schools since legislation mandated it, cannot be a reliable source.

EMF (March 2019)

To date, there is still no consistent scientific evidence of adverse health effects from exposure to radiofrequency fields at levels below those that cause tissue heating. The amount of RF EMF emitted by cell phone towers and wireless technology in classrooms is well below the safety standards recommended by regulatory agencies (FDA, FCC). It is also below, or comparable to, many other sources of RF. While there remains some concern about the safety of cell phone use, there is no new evidence that the EMF from base stations or Wi-Fi poses health risks to campus occupants when base stations and routers conform to US standards, and the board does not recommend any changes at this time.

Stall Talk (March 2019)

The board recommends that the Stall Talk program (health and wellness educational materials placed in bathroom stalls) currently at WAHS be expanded to the other high schools as well as middle schools. Recommended topics include: dating violence, mental health, workplace safety, sexual harassment, stress, anxiety & depression, hazards of vaping etc.

Stop the Bleed for Students

Two professionals from UVa's Trauma Services spoke about the Stop-the-Bleed program that they are offering to high school students as part of the first-aid instruction in 10th grade health education. Although the program was developed by the DOD in response to the Sandy Hook school shooting, the skills are useful and maybe life-saving for any excessive bleeding situation such as motor vehicle accidents and other unintentional injuries, which are a leading cause of death for young people. They have taught the course at Charlottesville High School and would be interested in doing so in ACPS. They can tailor the instruction to the amount of time allotted. They say that the STB program is an evidenced-based method with the backing of experts in the field of emergency medicine.

The health advisory board recommends that the STB hemorrhage control be incorporated into the health curriculum.

Stop the Bleed Kits

The board recommends that each school nurse be provided with Stop-the-Bleed hemorrhage control kit at a cost of about \$75 and that each classroom be provided with a box of Band-Aids, gloves and gauze to for teachers to use while waiting for the school nurse to arrive with the kit.

Birthday Celebrations

Due to a variety of concerns about the abundance of sugary treats given to students to celebrate birthdays and other occasions (health, food allergies, and equity) and the resultant disruption to classroom instruction, the board issued new guidance for classroom celebrations that is more consistent with [ACPS's Student Wellness Policy](#) (see below).

Birthday Celebration Guidance

Due to concerns about the abundance of sugary treats being given to students to celebrate birthdays and other occasions in violation of the [ACPS's Student Wellness Policy](#), we are issuing new guidance for classroom celebrations.

- No longer allow unlimited occasions for parents to bring in and distribute cupcakes or other sweet treats.
- Consider allowing birthday to be celebrated **once a month** (to include each student who has a birthday that month) with parent(s) providing a single cupcake or serving of sweet treats for every student in the class.
- Consider celebrating birthdays **once a month** (to include each student who has a birthday that month) with an activity the parent(s) provide instead of food. Can bring physical items - like pencils, stickers, tattoos.
- Consider permitting parents to come on (or near) **their child's birthday** (so possibly multiple visits monthly) and instead of providing sugary treats to provide a healthy snack option and/or gift.

Alternatives ways to celebrate birthdays:

- Name is announced on morning announcements
- Principal gives a card or a pencil (perhaps with school logo)
- Class sings to the student
- The student is given a special sticker or hat to wear
- Birthday student has a "special job" that day in class
- Extra five minutes at recess in honor of the birthday student
- Homework pass (to use one time during the year)
- Parents read or donate a book to the classroom
- Parents can bring in healthy snack options such as cheese, crackers, fruit, vegetables (with or without dip), popcorn treats – to name a few
- Play a special game with the students