

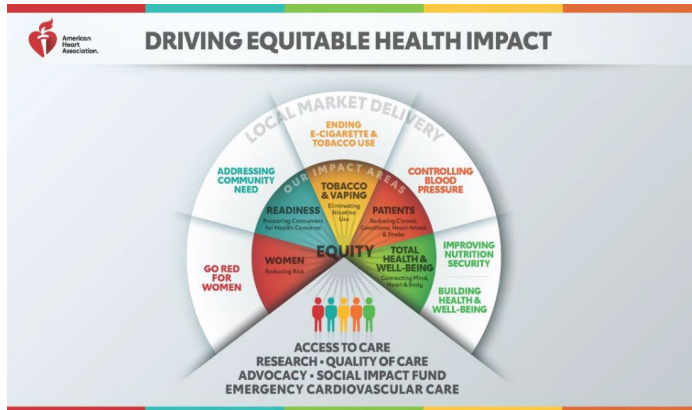
School Health Advisory Board Minutes May 15, 2024

Present: Rebecca Abernathy, Lori Balaban, Erin Callas, Connie Clark, Kristy Davis, Brenda Doremus-Daniel, Eileen Gomez, Mark Niehaus, Emily Pelliccia, Christina Pitsenberger, Chris Siebert

Guest: Gina Washington, American Heart Association

American Heart Association's School Programs

Ms. Washington described the American Heart Association's campaign for heart-healthy students and their families through the Kid's Heart Challenge. She described components of the program and how they align ACPS's Strategic Plan.



She explained the program as

- A community service program promoting physical health, mental wellbeing and making a difference by raising awareness and funds for heart disease and stroke
- Can be run by p.e., health, counselor, and/or student leadership
- 3 to 4 weeks of health content and parent communication
- Educational resources, staff development
- School give-backs, grants and scholarships

She showed some of the educational materials including anti-vaping messaging. She also explained that the AHA would set up an informational website for the school for the duration of the program and taking it down upon completion. She's described [Finn's Mission](#) and the instruction of hands-only CPR. She also explained the fund-raising incentives and the alternative activity (Kindness Bingo) for students who do not fund-raise.

Questions from the board included:

- Have there been any evaluative assessments on whether students who participate in AHA school programs are more likely to be able to assist in an emergency, and have better health outcomes compared to peers who do not participate in such programs?
- Can schools participate in the AHA program without including a fund-raising component since some schools have a preponderance of students who would not be able to fund-raise?

Later discussion:

- Will the AHA consider allowing schools or the school division to “purchase” the program in lieu of having students raise funds?
- Could schools send out information about the program to parents and provide an option for them to donate?
- Can the website be kept up longer than the duration of the program?
- Some of the AHA health education is already in the health education curriculum

Student Wellness Policy Review

Christina explained the mandate to review and update the Wellness Policy every 3 years. She used the VDOE’s sample policy and tried to reconcile it with the ACPS policy.

She explained “[Smart Snacks](#)” and how any items sold in the cafeteria either as part of the meals or a la carte meet the criteria for whole grains, sodium, fats and sugar. She also explained the various mandates such as breaking even, using commodities and providing free breakfast and lunch to all students at 7 ACPS schools that meet the [CEP](#) criteria. The funds provided for the CEP meals are less than that for the student who get free meals at schools that do not qualify for CEP.

Child Nutrition Services

- Smart snack criteria of foods being *moderate* for sodium. Sodium per se is not necessarily bad for most children, but sodium often correlates with highly processed foods that have been shown to be unhealthy.
- A concern was raised about the amount of sugar in the grab-and-go breakfasts. Christina explained that the items meet the criteria set by the USDA for whole grains and reduced sugar, and contain milk, string cheese, and/or yogurt. She is working to incorporate more protein such as egg biscuits.
- The policy encourages community gardens although there are health department regulations about serving foods from these gardens.
- Christina explained that she is working to incorporate more local foods through the distributor 4-P. Local products include produce, ground beef, chicken and tofu.
- Although involving students in preparing and serving food is an appealing idea, current food safety regulations would probably prohibit this. Sometimes students are allowed to vote on what will be served.
- The selling of a la carte items have been USDA and VDOE approved in order to help cover costs and include – ice cream, cookies, pretzels, water bottles and juice-laden sparkling water – all of which meet the smart snack criteria.

Physical Activity

- All students should have at least 60 minutes of physical activity per day, and more is better, for the most part, up to 150 minutes per day
- Schools are not responsible for ensuring students get all of the daily physical activity they need
- Students sit too long. Block scheduling has them sitting for longer stretches
- Teachers should try to incorporate active learning and movement breaks, and should receive resources on best practices
- Health standards include moving every 30 minutes

- Support teachers not using recess restriction as a punishment
- Support free choice and movement when outdoor recess is not available
- Suggest reissuing guidance to incorporate mindfulness with movement such as walking meditation, yoga and other simple movement into the school day
- Chris explained the difference between adapted (modified for injury) versus adaptive p.e. (for students with disabilities). UVA's Department of Physical Education provides the adaptive p.e.

Mental Health

- Mark made the point that one of the most straight-forward interventions to support student mental health is putting cell phones away for the day. He recommends reading [The Anxious Generation](#) and requests putting this topic on the next SHAB agenda
- The board unanimously supports the continuation of the social emotional coach positions in the schools beyond the grant period
- They also support incorporating mindfulness into the school day

School Health Entrance Requirements

Eileen explained that ACPS is going to tighten up the enforcement of required immunizations and physical exams. Rebecca requested the school nurses review minimum spacing intervals before sending families to obtain additional immunizations. She has seen families with limited means being sent to get additional vaccines before eligible. Eileen will reinforce the minimum spacing intervals with the school nurses. One suggestion is to print the VIIS screen that tells when the student is due for the next immunizations.

Fentanyl, Opioids and Naloxone Eileen reported that Dr. Dania Chastain of UVA's Department of Anesthesiology, Pain Management and Opioid Stewardship joined the most recent [ACPS Community Conversation](#) along with Anne Croonquist, the parents who spoke to the SHAB in March, about the dangers of fentanyl and their desire to bring their educational programs into the schools.

- Fentanyl overdose is now the [leading cause of death](#) for people aged 18 to 45
- The board unanimously voted to support Dr. Chastain and Anne Croonquist bringing their educational programs to ACPS parents and students

Smiles Mobile Dental Clinics

Students Seen by Smiles Mobile Dentists

Name of School	# Students Seen	% of Student Body	No Obvious Issues	Referred for Care	Urgent Referral	% Referred
Greer	59	11.4%	18	27	13	68%
Red Hill/Walton	25	9%	14	8	3	44%
Total	84		32	35	16	61%

- Eileen reported that the mobile dentists referred students for restorative care, but they did not refer to any local dentists
- She also learned that treatment plans vary widely depending on the dentist, and dentists do not necessarily accept the treatment plan of another dental practice

- The board recommends that other schools consider scheduling the Smiles Mobil Dentists since there is a benefit to assessment, cleaning and prophylaxis

School Health Services Website

- The *Physician Contact Directory* is acceptable since it contains publicly available information.
- The *Useful Links* may not be useful for public consumption. Consider moving that to internal use and linking to the [AAP’s Healthy Children](#) since it is comprehensive and updated regularly

Meeting Dates SY 2024 – 2025

- Eileen reported that she followed the SHAB meeting schedule set before she joined
- Can meetings be scheduled more evenly throughout the school year?
- Do they have to be the third Wednesday of the month?
- Proposed dates for next year

Option 1 3 rd Wed Except for May	Option 2 2 nd Wed	Option 3 Random
9/18	10/9	9/25
1/15	12/11	12/11
3/19	2/12	2/26
5/14	5/14	5/14