

School Health Advisory Board Minutes October 14, 2025

Attendees: Lorita Brown, Donna Guzman, Dr. Paul Arnold, Renee Norden, Sara Vigneault, Sara Liddle, Karen Flynn, Mary Carlson

5:03 p.m. – Meeting Called to Order

Lorita Brown began with introductions.

Topics of Discussion

Project Adam – Lorita Brown

- All 19 public schools will initiate Cardiac Management Certification.
- There are 14 steps required for certification, all of which were discussed:
 - Each school will have at least one AED (Automated External Defibrillator) in the building.
 - AED supply kits will be in place.
 - The nurse will serve as site administrator.
 - A written Cardiac Emergency Response Plan (CERP) will be established.
 - 5–10 certified staff members will be on the emergency team.
 - Code 3333 will be announced in the event of a cardiac emergency.
 - Local EMS services will be notified.
 - AED signage will be clearly displayed.
 - AED performance checks will be conducted monthly.
 - A cardiac drill will be held annually.
 - All staff will receive annual awareness training.
 - All staff will know AED locations in the school.
 - Community users of school facilities for extracurricular activities will be informed of the plan and AED locations.
 - Staff will be CPR certified.
- Dr. Phillips presented to all school nurses.
- Two Project Adam videos were viewed as a group:
 - Chapter 1: Introduction
 - Chapter 2: Understanding Sudden Cardiac Arrest

Mental Health – Sara Vigneault

- School nurses received Mental Health Toolkits and will have opportunities for training.
- Topics discussed included:
 - Expanding nurse and regional doctor roles.
 - Bridge2ResourcesVA.org as a mental health resource (noted issues with sign-in).
 - VMAP pediatric line now open to others.
 - Increasing availability of Youth Mental Health Training.

- Encouraging parents to attend mental health training at schools (10–30 participants recommended).
- Dissemination of information broadly; Renee Norden (Fauquier Mental Health) is point of contact or sign-up via website.

School Health Manual Updates

- Last updated in 2017; plan to digitize and modernize.
- Discussion of using AI to update.
- Plan to add most frequently used forms and remove obsolete forms.

Role of SHAB Reviewed

Election of Officers

- Chair: Lorita Brown
- Co-Chair: Sara Vigneault
- Secretary: Donna Guzman

Questions / Future Topics

- Suggestions for next meeting topics or speakers.
- Mary Carlson requested a discussion on CGMs and iPad monitoring in schools.
- Gluten-free menus and associated Dietary Modification Forms:
 - Are forms a barrier?
 - Are there other barriers?
- Dissemination of information to the county; Ann Luckenbill suggested Mary Carlson do a presentation.

Substance-Free Athletics – Renee Norden

- Programs and resources discussed:
 - Morgan’s Message Kids
 - THC/cannabis use can increase risk of psychotic episodes within three years; effects may be irreversible.
 - VA ABC free alcohol guides (useful for Back-to-School Nights)
 - Handle With Care program
 - EMT notifications to SSO/SRO in student emergencies

Meeting Adjourned: 6:10 p.m.

Next Meeting: January 20, 2026, 5–6 p.m.