

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

5:03pm- Lorita started with introductions

Topics of Discussion:

Project Adam- Lorita Brown

All 19 public schools will initiate Cardiac Management Certification

- There are 14 steps to be certified
- All steps were discussed

List of steps:

- All 19 schools will have at least one AED in the building
 - AED supply kits in place
 - Nurse will be the site administrator
 - Written plan in place Cardiac Emergency Response Plan (CERP)
 - 5-10 trained certified staff on the team
 - Code 3333 will be announced for cardiac emergency
 - Notify local EMS Services
 - Clear AED signage
 - Check AED for performance ready monthly
 - Cardiac drill annually
 - Everyone will have annually awareness
 - Everyone will know where AED is in the school.
 - Share with the community anyone using the building for extra- curricular activities the plan and where the AED is located.
 - CPR certified staff
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- Dr. Phillips did a presentation for all school nurses.
 - Project Adam 2 videos watched as a group.
 - Chapter 1- Introduction
 - Chapter 2- Understanding Sudden Cardiac Arrest

Mental Health- Sara Vigneault

- School nurses received Mental Health Toolkits.
- Nurses will be able to get training.
- Going out of regional Dr. and nurse practice role
- Bridge2resourcesVa.org is the website made for mental health
- The website has some issues with signing in.
- VMAP- Peds line open to others now
- Can Youth Mental Health training be pushed out more frequently?
- Encourage parents to take Mental Health training at schools- minimum of 10 people and up to 30.
- How to get information out broader?
- Renee Norden Fauquier Mental Health as point of contact or sign up on website.

School Health Manual Updated

- 2017 most recent version to get digitize
 - Can we use AI?
 - Add most frequently used forms and remove obsolete forms
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- Reviewed role of SHAB:

Vote for Officers:

- Chair -Lorita Brown
- Co-chair- Sara Vigneault
- Secretary – Donna Guzman

Questions:

- Any topics or speakers for next meeting?
- Mrs. Carlson – want to know if we could go back and discuss CGMs and iPad monitoring in schools again
- Gluten free menus without forms?
- Gluten free option with Dietary Modification form
- Is the dietary form a barrier?
- Are there other barriers?
- Mrs. Carlson – how do we disseminate information to the county?
- Ann Luckenbill ask her to do a presentation.

Substance Free Athletics- Renee Norden

- Morgan's Message Kids
- THC/cannabis- increase psychotic episodes within 3 years
- Non-reversible

- VA ABC free alcohol guides- good for back to School Nights
- Handle with care
- EMT text to SSO/SRO in an emergency situations with students involved.

- Meeting Adjourn 6:10pm
- Next Meeting: January 20, 2026 from 5pm- 6pm