

# School Health Advisory Board Minutes

April 29, 2026

Attendees: Lorita Brown, Renee Norden, Sara Vigneault, Sara Liddle, Mary Carlson

5:05: Lorita started the meeting

## Topics of Discussion:

### Continuous Glucose Monitoring- Mary Carlson

Mary Carlson began diabetes discussion- beginning July 1, 2026, new Virginia law SB122 and HB1301

Division wide Diabetes Medical Management Plan

Administer Glucagon /Insulin training

### SB122 and HB1301

- Students may carry and use cell phone with parent consent to text parent about diabetes management.
- Insulin Pump assistance
- Schools shall not prohibit diabetic care.
- Annual T1D and T2D information

Mrs. Carlson asks for Continuous Glucose Monitoring for diabetic students and to have the nurses monitor blood sugars on an iPad.

She provided letters of support from parents, staff, and students for this monitoring.

### Concerns:

- over wording and expectations
- The cost of the iPads and will county cover the cost? Mrs.

Carlson offered to do a fundraiser.

Her own daughter stays in class longer.

All devices can be set at individual alerts, based on DMMP.

### Self-Harm- Lorita Brown

Self-Harm (non-suicidal self-injury) occurs when a person hurts oneself on purpose without suicidal intent.

Self-Harm might include: cutting, burning, hair pulling, head banging, punching, risky behaviors and skin picking or biting.

Self-Harm= Distress!

Some risk factors for self-harm:

Mental Health Conditions: depression, anxiety, eating disorders, PTSD, substance abuse, trauma, loneliness

Self-Harm vs Suicidal Behavior:

Self- Harm- is immediate relief, more frequent, less lethal, relieve psychological pain

Suicidal Behavior: die to escape the pain, less frequent, more deadly means, aggravates psychological pain

Self -Harm- takes away the pain

Signs of self-harm: scars often in patterns, fresh cuts, wearing long sleeves to hide the injury

Strategies:

- Approach with curiosity, not judgement
- Ask open-ended questions and avoid yes or no questions
- Offer hope
- Let them know there not alone
- Keep them safe with you while reporting the incident
- Your feelings are treatable

Some reasons a person self-harm:

- To relieve stress
- To feel in control
- To cope

Take home points:

- Self-harm is more than cutting
- You shouldn't offend a student for asking about self-harm
- Show you care and open the door for future conversations

Updates:

- 5 schools are Heart Safe Schools now
- Gluten- free diet is a case by case need

Next Meeting:

October 2026