

**School Health Council
Meeting Minutes**

September 18, 2019

9:00 am -12:00 pm

**Frederick County Mental Health Association
226 South Jefferson Street, Frederick, MD 21701**

- I. Call to Order, Attendance, and Introductions
 - A. Check Attendance Sign In
- II. General Announcements & Updates
 - A. Whole School, Whole Community, Whole Child Model
 - B. Group Announcements
 - a. World's AIDS Day (Peter Brehm) a free event and a reminder to register to
 - b. Brian recognized Tiana Haile for the wonderful collaboration with The hard work that is put in on a regular basis for community engagement; ComUNITY Fair
 - c. Laura LaMotte shared that information about the Make It Click campaign; to ensure students (drivers) are wearing seatbelts in the high schools
 - d. Debbie Rhoades shared that University of Maryland School of Public Health may be receiving money connected to a competitive
 - e. Malcolm Furgol Criminal Justice System next Thursday at the Clarion Hotel Conference Center. A very impactful conference.
 - f. Still able to contribute to the United Way campaign
 - g. Annual Day of Action for Friday, October 4
 - h. Martha Gurzick shared awareness of Frederick City ordinance - No Smoking within 10 feet of Frederick public playgrounds
- III. Old Business
 - A. By-Laws of the School Health Council
 - a. No changes
 - b. New members received a copy of the by-laws to become familiar
 - B. SHIP Conference
 - a. Brian and Monica attended the conference in August. Opportunities to network and partner with 21 of 24 counties represented. Attendees had the opportunity to exchange issues and new initiatives that are being planned to support SY19-20

- b. The State School Health Council also held a meeting during this conference. The focus was on boosting community involvement and engagement.
- c. Breakout sessions that focused on suicide prevention, PANDAs, Tic-born diseases, fatherhood, and the connection between mental health awareness and prevention strategies. Biggest “take away” was making sure kids know that they are loved and they belong.

C. Wellness Regulation Presentation

- a. Three recommendations were brought forward
 - i. Limiting schools to 3 school celebrations that don’t follow smart snacking guidelines.
 - ii. Mandatory class limits Health and Physical Education classes
 - iii. Updating the wellness regulation to increase school-based, student-focused

D. Superintendent and Lead Health Officer Update

- a. Monica shared a debrief from a joint meeting with SHC executive team, Dr. Brookmyer, and Dr. Alban.
- b. Opportunities with Dr. Brookmyer
- c. Dr. Brookmyer and Dr. Alban shared continued support for upcoming proposed initiatives: PATHS (Pathways to Alternative Thinking Strategies) Social-Emotional Learning lessons; 5-2-1-0 campaign; health.moves.minds student service learning events; similar programs are also being conducted to support the Local Health Improvement Plan
- d. See if Dr. Alban would be willing to do a *Tweet of the Week* spot or *Off the Cuff* to support the value of these programs

E. SIP Trainings

- a. All schools sent teams throughout the summer to get School Improvement Plan (SIP)
- b. Attendees were relieved to learn that they did not have to track statistics in the same way as the progress monitoring
- c. Jamie shared that all administrators were provided with the same materials at a mandatory curriculum update in July. Follow up surveys and emails were also sent out for those who were unable to attend. Nineteen elementary school SIP teams responded in a call for follow-up assistance and consultation.

IV. New Business

A. New Members

- a. The following member applications were received for membership consideration: Chelsea Hamilton; Jenny Busby; Alicia Feurer
- b. Alicia Feurer was in attendance and took a moment to highlight her work with the Farm to School program. She shared and celebrated the work of local farmers and growers. Linking local farmers to partnership with local agencies. Surveys were completed and compiled; Information gathered to develop strategies for linking the classroom to the cafeteria. Reaching out to Summer Creek Farm in Thurmont for additional community engagement opportunities. Helping stakeholders to realize the strength of the WSCCC model.
- c. New member applications were not voted upon since today's attendance did not meet quorum.
- d. Malcolm Furgol made a motion to invite Alicia back to the next meeting to provide additional information to supplement her membership application.
 - i. Martha Gurzick second
 - ii. Approved unanimously 10-0
- e. Malcolm Furgol made a motion to invite Chelsea and Jenny to the November meeting as guests
 - i. Suzanne Markowitz second
 - ii. Approved unanimously 10-0
- f. Tiana Haile suggested that the SHC member application be revised so that questions more closely align with the mission, role, and function of the School Health Council.
- g. Jamie will reach out to applicants and, following Malcolm's motion, invite them to the December meeting to introduce themselves
- h. Monica and Brian will revise the application and send out to members for feedback and input.

B. New Initiatives

- a. School Visits
 - i. Monica shared a strategy that was shared at the State School Health Council meeting in August.
 - ii. Martha Gurzick suggested that we establish a priority list for schools needing follow-up consultation.
 - iii. Phoebe commented that she coordinates the Welcome Wagon to all FCPS schools throughout the school year (January - May). She mentioned the possibility of SHC representation
 - iv. Tiana also suggested how school visits could be coordinated with Phoebe's wellness team visits. Front load visits with invitations that outline the purpose of the visit and the expected outcomes; a short amount of time is crucial to the success.
 - v. Suzanne inquired about how/when the SHC would eventually be part of the SIP evaluation process.

- vi. Jamie offered a plan to coordinate school visits, using the SIP information and frontload the process with invitations and information
- vii. Recognizing Schools in ACTS newsletters
- viii. Check to see how highlighted information can be shared to the parent community.
- ix. Jamie suggested that periodic school highlights could be published on the SHC website and the public could be directed to that location from school-based communications or FoF messages.

b. Wellness School Awards

- i. Monica shared the school distinction program that was shared by Anne Arundel County Public Schools
- ii. There was a suggestion made to seek BOE interest in offering BOE recognition at a regular public business meeting.
- iii. Monica solicited opinions from attendees about asking AACPS representatives come to a future SHC meeting to provide further information about their program(s).

V. Convene to Action Teams

- Behavioral Health - how to improve mental health for students, staff, parents within FCPS (suicide, drug abuse)
- Physical Health - how to reduce obesity and enhance health practices that positively influence behavior change

VI. Action Team Reports

A. Behavioral Health

- a. Martha Gurzick filled in for Peter Brehm to provide a brief summary of the topics that the team will focus on for the upcoming school year.

B. Physical Health

- a. Monica Skidmore provided a brief summary of the topics that the team will focus on for the upcoming school year. The following topics will be the priority focus for the team during SY19-20:
 - i. Appropriate Practices: Playground Safety & Supervision
 - ii. Sleep and It's Impact on Behavior and Achievement
 - iii. Screen Time and It's Impact on Behavior and Achievement (Social)
 - iv. Nutritional Focus: Plant-Based Beverages (Debbie Rhoades)
 - v. How to Eat Healthy on a Budget
- b. The following topics have been completed for briefs to be posted:
 - i. Nutritional Focus: Monitoring Daily Sugar In-Take
 - ii. Nutritional Focus: Healthy Snacking Practices

- iii. Appropriate Practices: Daily Recess in Schools
- iv. Appropriate Practices: Recess before Lunch
- v. Nutritional Practices: Hydration
- vi. Physical Health: Brain Boosts

VII. Adjournment

- A. Tiana motioned to adjourn.
- B. Malcolm second
- C. Meeting adjourned at 12:04pm

Next meeting date is December 18, 2019 from 9:00 – 12:00pm

at Frederick County Health Department

350 Montevue Lane Frederick, MD 21702

Auditorium, Please use Entrance B

Please email Round Robin Sharing items to Brian Griffith or Jamie Hitchner

FUTURE SHC MEETING DATES

February 19, 2020

Mental Health Association of Frederick County

226 South Jefferson St., Frederick, MD 21701

9am - Noon

May 20, 2020

Mental Health Association of Frederick County

226 South Jefferson St., Frederick, MD 21701

9am - Noon