

**School Health Council**  
**Frederick County Health Department**  
**350 Montevue Lane Frederick, MD 21702**  
**December 12, 2019**  
**9:00 am -12:00 pm**

**Meeting Minutes**

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I. Call to Order, Attendance, and Introductions

- A. Brian Griffith called the meeting to order at 9:07am.
- B. (Carrie Henson) - Dept. Human Services Homeless
- C. In attendance today: Phoebe Barreto, Malcolm Furgol, Brian Griffith, Tiana Haile, Keri-Ann Henson, Jamie Hitchner, Laura LaMotte, Suzanne Markowitz, Chris O'Connor, Mandy Remmell, Monica Skidmore, Jennifer Tousey, Jenifer Waters, & Karen Yoho.
- D. Members absent: Carol Adams, Dr. Theresa Alban, Gloria Bamforth, Peter Brehm, Dr. Barbara Brookmyer, Katie Buckley, Jenny Busbey, Dr. Alexandra Cassotta, Lynn Davis, Jessica Dayal, Lori Dembeck, Jennifer Dotson, Maria Fahnestock, Dana Falls, Alysia Feuer, Kerri Griffin, Martha Gurzick, Chelsea Hamilton, Alison Huston, Dr. James Lee, Ann McGreevy, Barbara May, Shifa Mohiuddin, Laura Olsen, Deborah Rhoades, Sara Rogers, Shari Scher, Carrie Sorensen, & Tom Werner

II. General Announcements & Updates

- A. Group Announcements
  - a. MSSHC is planning to host a state school health council meeting in early August.
  - b. Erin Hager will be reporting the FCPS wellness report card at our February meeting.
  - c. Laura LaMotte promoted a drug disposal event in New Market on Saturday, December 14.
  - d. Heartly House is disbursing a community survey to examine the communities knowledge and perception of services that are available to Frederick County citizens (see website for more details)

- e. Starting January 2020, the 5-2-1-0 program will be launching a “Rethink Your Drink” campaign. A 1-page fact sheet will be disseminated to elementary schools and other schools interested. The resource will be posted on the School Health Council website. A monthly newsletter has been developed, which will highlight one aspect of the 5-2-1-0 program.
- f. SHiP will be doing a hygiene drive in Frederick County. Collection boxes are found in the Central Office Building as well as local businesses. Frederick County Health Department (Behavioral Health Services) will also be participating in lieu of their white elephant gift exchange. List of products needed are on the SHiP Facebook page. Deliveries will be received through January 6, 2020.
- g. Teen Talks (ages 6-17); January 16th will be a presentation on teen safe driving. Currently taking suggestions for additional topics in future teen seminars. (Evan is the contact person) - Mandy Rimmell (MHSO). Brian Griffith will submit a request to Darryl and Dian on behalf of the School Health Council. Seek information about establishing a formal partnership with FCPS.
- h. The Wellness Team will be hosting a 5K run on May 30, 2020 at Walkersville High School. The event will support community wellness and generate funds to support individual school wellness plans.

III. New Business - was moved forward on the agenda to take advantage of the members' time who were in attendance.

A. New Member Applications

- a. **Chris O'Connor** - provided a brief overview; Chris is a Frederick County native, and lives in the Linganore area. He communicated a passion for his interest in sports, personal wellness, and
- b. **Mandy Rimmell** - program manager for ; Her office concentrates on outreach youth programs that seek to educate young people on personal safety tips, strategies, and other topics related to public safety. Her office also sponsors grant programs to fund initiatives that support public youth safety. Mandy is currently working with the Urbana community on a walk-to-school program and pedestrian safety. An invitation was extended to Mandy to attend the FCPS community wellness fair, second week of September.
- c. **Sara Rogers** - plans to join us at the February meeting for introductions.

B. SIP and Wellness Strategies Evaluation

- a. Brian Griffith gave a brief background to members in attendance about how wellness goals/strategies are developed in FCPS.
- b. Brian Griffith also provided background information about how the School Improvement Plan (SIP) is used as a measuring tool to evaluate school effectiveness.

- c. Members in attendance were divided into work teams to review and evaluate each school's wellness strategies; as they relate to the wellness goals; and verify whether a progress monitoring process is in place.
- d. Monica Skidmore clarified for SHC members that all schools should have developed strategies to align with the four wellness goals: #1 (physical activity); #2 (nutrition education/promotion); #3 (other area that impacts student wellness); #4 (another area that impacts student wellness); It was emphasized during an August presentation that the first four goals and strategies were to be focused on student wellness. Additional strategies could be added to goals that impacted staff wellness.
- e. After a group debrief, council members identified common themes, trends, and misunderstandings that appeared on the school improvement plans that were reviewed. After further discussion, Malcolm Furgol proposed that the council consider making a recommendation to the superintendent that would stipulate the following:
  - i. One strategy would focus on increasing physical activity for students
  - ii. One strategy would focus on nutrition education/promotion
  - iii. One strategy would focus on building capacity in students to be mindful, social-emotional learners
  - iv. One strategy that would focus on any area that would otherwise impact student wellness.

#### IV. Old Business

##### A. School Wellness Awards

- a. This item was tabled for discussion at the February meeting.

##### B. Recognizing Schools in ACTS newsletters

- a. This item was tabled for discussion at the February meeting.

#### 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
  - a. Due to time spent on reviewing the school improvement plans of all 61 schools, there was not time to convene into action teams.

#### VI. Action Team Reports

- ##### A. Behavioral Health - no report

B. Physical Health - no report

VII. Adjournment

A. Meeting adjourned at 11:58am

**Next meeting date is February 19, 2020 from 9:00 – 12:00pm  
at Mental Health Association of Frederick County  
226 South Jefferson Street, Frederick, MD 21701**

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

**FUTURE SHC MEETING DATES**

May 20, 2020

Mental Health Association of Frederick County  
226 South Jefferson St., Frederick, MD 21701  
9am - Noon