

**School Health Advisory Council Meeting Summary  
American Lung Association of Florida  
April 11, 2013**

TOPIC	DISCUSSION	ACTION
<b>Introduction</b>	Dr. Bernstein welcomed everyone and asked them to introduce themselves.	
<b>Approval of Agenda</b>	Reviewed the Agenda. Agreed to add discussion about the school district's 2013 CDC-FOA Grant. Agenda was approved following motion by Dr. Cynthia Clayton, seconded by Shiobhan Gross	Approval of agenda.
<b>Approval of Summary – February 14, 2013</b>	Summary notes approved following motion by Paula Triana, seconded by Dr. Cathy Burns.	Approval of February summary. March and April summaries will be brought to June meeting.
<b>Old Business</b>	<p><b>Mental Health Committee</b> – Dr. Bernstein</p> <p>Committee is working on a couple of issues. One is the Baker Act training – a subgroup of the committee has been working on developing training for key staff on assessments and procedures with the Baker Act. About year ago, Dr. Connie Siskowski and others raised concerns about the use of the Baker Act for school-aged children in schools and the community. One of the recommendations made in the SHAC school board presentation in October 2012 was Baker Act prevention training that includes school police and administrators. The committee is reviewing documents and procedures used by school police, school administrators, school-based team leaders, and counselors when they are assessing students in crisis situations.</p> <p>Suggestion was made that law enforcement become involved in the process already in place. It was noted, there has been a sheriff's officer participating with the committee.</p> <p>The second update was the proposal to the school board about having a pilot project in 15 schools where there would be a school-based team multi-tier support system staff member that is dedicated to the school and that operates the school-based teams. This provides infrastructure support to the team and helps teachers implement some of the school-wide positive behaviors support that are so needed in the schools. The proposal is clear about having the school counselors follow the national standards that Mike Kain and June Essa talked about and, thirdly, that there will be an in-home family counselor component at those 15 schools. We are in the process of finalizing the document for further school administration review and follow-up with school board presentation.</p> <p><b>Wellness Promotion Task Force</b> – Paula Triana</p> <p>The Wellness Promotion Task Force met on April 3, 2013. We had a very successful meeting and we received good feedback and comments with regards to the "Core Support for Students" presentation and also the Single School Culture Initiatives: Climate" presentation. I would like to thank Michael Kane, June Eassa, Kim Mazauskas, Rick Lewis, Kim, and Patrice Schroeder from 2-1-1. She gave a wonderful overview of 2-1-1 and it was a really nice additional presentation for the theme and flow of this WPTV meeting. Patrice talked about the requested call needs in</p>	

	<p>the communities from 2-1-1 and how 2-1-1 is training its staff.</p> <p>We are in the process of ending our fiscal year and putting our focus on the development of the 7<sup>th</sup> Edition of the "Wellness Promotion Policy (WPPP) Annual Report". As we done in the past school year...we want to include a webpage on SHAC and the materials for this will be due Thursday, July 18, 2013. We also will be entering the 6<sup>th</sup> Edition of the WPP Annual Report into a SUNSPRA award entry due on April 19, 2013.</p> <p>Our last WPTF meeting for this school year is scheduled for Thursday, May 16, 2013. It is an afternoon meeting and we will have some great student testimonials. We have kept our meetings this year with a strong focus on Mental Health...please come out!</p> <p><b><u>FY 2012-2013 Wellness Promotion Task Force Meeting Dates:</u></b> Thursday, May 16, 2013 – (3:30 p.m. – 6:00 p.m.)</p> <p><b><u>Fulton-Holland Educational Services Center - 3300 Forest Hill Boulevard, West Palm Beach, FL 33406</u></b> - Location: FHESC – Main Board Room</p> <p><b>Health Education Committee</b> – Eric Stern No Updates</p>	
<p><b>New Business</b></p>	<p><b>Health Education Group Discussion – Follow-up to March 14, 2013 "HealthTeacher" Presentation</b></p> <p>It was noted there had not been time following the health education presentation at the last SHAC meeting for discussion and the group decided to continue the topic for discussion at this meeting. This discussion also addresses one of SHAC's goals supporting comprehensive K-12 health education. Since the 1990's and federal legislation ("Leave No Child Behind") led to testing in designated areas that did not include health education curricula, there has been complete loss of a standardized approach to comprehensive health education. Florida no longer has any health education requirement for graduation. The challenge is now to incrementally integrate health education into other curricula, similar to the strategies used with the re-introduction of the human growth and development curriculum in the school district.</p> <p>It was suggested that an important place to start would be with nutrition education in elementary schools where almost 60% of the students are measured as overweight or obese by school nurses. It was noted there are a lot of the issues; one is socio-economic levels and what families can afford. The only place that some children may eat fresh fruits and vegetables are their school breakfast and lunches. Definite need for focus on parental understanding of nutrition and options for them to provide healthy meals in their social-economic range. It was noted that elementary children are "sponges" for learning and readily bring home their knowledge to share with parents, thus serving to increase parental awareness.</p> <p>Experience at Jupiter Medical Center, CMS, and the Diabetes Education Research Center shows an increase in obesity in children from ages 3 through 17. Some common misunderstandings among parents have been appropriate portion sizes in food and drinks (including juices) and that food labels indicating 100% natural are no guarantee of healthy options. They are using a</p>	<p><b>Reconvene the Health Education Committee with Eric Stern after end of school year.</b></p>

	<p>lot of tools and food models in their education and emphasizing that it must be family lifestyles that change, not just the focus on the child.</p> <p>It was suggested that SHAC find ways to incorporate the nutrition and physical education piece to the teachers to share with students and their families to eat healthy and to find solutions to exercise as a family outside of the school setting. Efforts led by Eric Stern and school district staff now center on "infusing" health ed into PE and other curricula. Brief video clips were shown demonstrating actual relay races at school that reinforced nutrition education concepts. The challenge has been to incorporate the parent education component.</p> <p>It was noted the RWJ's Healthy Kids, Healthy Communities grant at the school district is in its final year. It has been instrumental in the Lake Worth community with installing community and school gardens that have proven to be excellent hands-on nutrition education. School food services has found that vendors are now offering much improved food products but it has taken time for the food industry to respond with these healthier options.</p> <p>Examples of nutritional education occurring included students in cafeteria lines being coached to make well-rounded choices; exposure during snack time to fresh fruit and vegetables; use of the Organ-wise Guys for elementary nutrition education sessions.</p> <p>Currently school district is applying with Caridad for a PEP grant – looking at middle school with PE and nutrition education for students and parent component. HealthTeacher curriculum experience – need to look at "delivery system" and how to make it more easily available and usable by teachers. It was felt the "Go Noodle" piece that would support physical activity in classroom breaks would be more readily adopted but teachers are bombarded by so many requirements. Specific example cited of principal very excited about the HealthTeacher but didn't want to ask teachers to do one more thing.</p> <p>Other suggestions: Look at how to incorporate school nurses; school food service expertise; developing baseline that all students receive; need to reach school leadership. It was noted that without leadership endorsement, a school that wanted to participate hesitated. Suggestion to present to principals' meeting - use example and include research supporting it.</p> <p>Agreement to continue discussion and develop next steps via health education committee meeting with Eric Stern.</p>	
<b>Announcements</b>	<p><b><u>Upcoming events:</u></b>  April 27, 2013 – 3<sup>rd</sup> Annual Youth Summit of PBC – Gaines Park  May 2, 2013 – Breaking the Silence Series V – The Weight of Words – Palm Beach Lakes HS  May 16-17, 2013 - Asthma Educator Institute Workshop</p>	
<b>Adjournment</b>	Meeting adjourned at 1:30 PM. Next Meeting is June 13, 2013	SHAC meeting for May 9, 2013 was cancelled.