

**DRAFT School Health Advisory Council Meeting Summary
Health Care District Board Room
September 13, 2012**

TOPIC	DISCUSSION	ACTION
Introduction	<p>Dr Fishbane opened the meeting (Dr. Clayton’s arrival was delayed). First order of business was elections. The Slate of Officers, previously presented by email notice to the membership, was approved unanimously for years 2012-2014, as follows: Chairperson – Mike Feinstein, MD Vice Chairperson – Seth Bernstein, PsyD Corresponding Secretary – Siobhan Gross, RN, BSN, CDE Recording Secretary – Charmaine Chibar, MD, FAAP</p> <p>Dr. Bernstein acting Chairperson, welcomed attendees; followed by introductions of attendees. Introduced was new member, Dr. Charmaine Chibar, pediatrician who was invited by Dr. Clayton to join the Council as Recording Secretary for SHAC.</p>	
Approval of Agenda	<p>Add following to the Agenda, under New Business:</p> <ul style="list-style-type: none"> • Approval of the SHAC Goals for School Year 2012-2013 <p>Agenda was approved following motion by Dr. Fishbane, seconded by Donald Cavanaugh.</p>	Approval of agenda with addition
Approval of Summary – April 12, 2012	Meeting summary for May 10, 2012 was approved.	Summary approved
Old Business	<p>Mental Health Committee – Dr. Bernstein gave an update: The committee is working on the presentation of the SHAC survey results to the school board, on October 10 at 2:00pm. Members were urged to attend the school board presentation to show their support to the recommendations that will be addressed, among others:</p> <ul style="list-style-type: none"> • SHAC survey results - The group will present graphics with data from the previous years and compare to this past year’s results. The results of the surveys to be shared will emphasize bullying and mental health issues. • Role of School Guidance Counselor. • Make the point that students’ success in school has to do with academics but it is also closely related with the socio-emotional behavior component in their lives. • Face It program - FACE IT is a program for youth 12 to 18 years old who have alcohol, tobacco, and other drug issues in their lives, and it is offered as an Alternative to Suspension. It is a life skills program that involves parents and students and it has been terminated because of lack of funding. The SHAC Mental Health Committee sent a letter to District Administration in support of continuing this program. • <p>Dr. Fishbane suggested canceling the next regular SHAC meeting on October 11 and to consider the school board workshop presentation by SHAC scheduled for October 10 as the October meeting. The suggestion was approved and notice will be sent out.</p> <p>Members are welcome to forward any information to Ana Bastias and or Eloise Peoples-Patrick, to be considered in the presentation to the board. Following a meeting with Dr. Lee and Keith</p>	Ana to send notice canceling SHAC meeting of October 11, 2012

	<p>Oswald on September 18, the workgroup will share with the SHAC members the key points to be discussed at the board presentation.</p> <p>Wellness Promotion Task Force – Dr. Bernstein gave a brief update on behalf of Paula Triana. Next meeting is scheduled for October 17, at the district headquarters located in Fulton-Holland Educational Services Center - 3300 Forest Hill Boulevard, West Palm Beach, FL 33406, from 8:30 to 10:30am. The 2012 Wellness Promotion Policy Annual Report for The School District of Palm Beach County will be presented on November 14, to the School Board and District Leadership.</p> <p>Health Education Committee – Eric Stern This year the committee is focusing in K-5 Health Education; updating the website, engaging teachers; new lessons, 5 minutes exercises; adding interactive games; breathing games, dancing games. The committee Eric Stern’s announcement that the School District of Palm Beach County has achieved the prestigious status of a Florida Healthy School District at the Gold level. The School District of Palm Beach County is one of only two districts to achieve this high level. The School District of Palm Beach County is an active member of the Healthy District Collaborative (HDC). The HDC is a group of districts in Florida that have made a high level commitment to meeting the health needs of students and staff in order to remove barriers to learning and maximize district resources.</p>	<p>Forward information on presentation in advance to SHAC members.</p>
<p>New Business</p>	<p>SHAC members presented Dr. Clayton with a plaque in recognition for her years of dedication and commitment as a Chair to the Council. Dr. Clayton expressed her appreciation and desire to continue being active with the Council.</p> <p>Dr. Fishbane presented the proposed School Year 2012-2013 Goals for PBC School Health Advisory Council. The group agreed to add to the second Goal so that it reads:</p> <ul style="list-style-type: none"> · <i>To support the school community in providing programs that promote social, emotional, and behavioral health and well being of students and their families.</i> <p>“Principal’s View of Issues Facing Youth in High School” Dr. Joseph Lee, formerly principal at W.T. Dwyer High School, is the new Assistant Superintendent of Safety and Learning Environment. Departments in his division are Student Intervention Services, Choice & Career Options, Charter Schools, Alternative Education, P.B. Virtual School. The mental health and well being of the students is something close to him. He lost 6 students, 4 to suicide, while he was the principal at William T. Dwyer High.</p> <p>Ellen Van Arsdale, Director of Student Intervention Services was the principal at Dreyfoos High School for 10 years; and a principal for a total of 20 years including previously serving at William T. Dwyer High School and Port Charlotte High School on the West Coast. <u>Common issues in high schools:</u></p> <ul style="list-style-type: none"> · Suicide · Sexuality issues in students · Mental health issues – i.e., eating disorders 	<p>Goals approved for SY 2012-13</p>

· Substance abuse

She is recommending that it is important when placing nurses in the schools, to match the nurses to the schools.

Starting a model program in a school in Riviera Beach, one of the 16 lowest performance elementary schools in the district, with infusion of all the student intervention services. This program will be measured, so there is accountability. The focus will be on reduction of the third grade retention rate. If this program is successful, will go into other elementary schools and will be working in clusters. This initiative will address components such as:

- Character Education/Ethics in Action
- Educational Enhancement Groups (EEG)
- Bullying Prevention
- Gang Prevention
- Alcohol and Substance Prevention

The Pharmacy Department at Nova University is interested in going to the middle and high schools to do education about the use of prescription drugs. The curriculum is being reviewed by Student Intervention Services.

Ellen Van Arsdale pointed out that they had found that schools are missing the old concept of the guidance counselors in the schools. They would like to address students' emotional needs, in addition to monitoring their academic progress.

Open Forum:

Q: Are you going to be changing or incorporating the health education in the curriculum in the model school?

A: Eric Stern - The state requires students to complete a 1.0 credit personal wellness course, chosen by the school: Personal Fitness or HOPE (Health Opportunities through Physical Education). The state permits school districts or schools to allow students to substitute interscholastic sports, community sports, marching band, or dance for their required physical education credit. Florida Statutes and the Sunshine State Standards provide the foundation for health education. Health education is required to be taught but it is not a requirement for graduation. It was eliminated in 2007. Therefore, many schools have eliminated health education or physical education because it is not required to graduate and because of the fiscal impact of having a certified physical education teacher to support the physical education program.

Q: How can SHAC help by reconnecting with the community, offer support to the initiatives of the Student Intervention Services program?

A: The members discussed several mentoring programs as Ellen Van Arsdale said that a mentoring program is a key component. She invited anyone who would be interested in serving as a mentor to let her department know. There are programs like:

- Watch D.O.G.S. – “Dad’s of Great Students”. Fathers, grandfathers, step-fathers, uncles, and other father figures who volunteer to serve at least one day a year in a variety of school activities as assigned by the school principal or other administrator.
- Big Brothers, Big Sisters
- The Children’s Healing Institute: Caring Kids Club

	<ul style="list-style-type: none"> · WATCH Foundation, Inc. (What About The Children's Hearts) · Mentoring at the Bridges <p>Q: Who will train the mentors?</p> <p>A: Mentoring is part of the school district's volunteer program. There is a generic program conducted by the district – Deborah Elfen, is the Volunteer Program Coordinator in the Office of Community Involvement.</p> <p>Dr. Bernstein shared that there is a Mentor Center at Children Services Council, where staff is available free of charge to any program serving youth from Palm Beach County, for consultation and technical assistance to help develop, strengthen, expand or revise a mentoring program or component.</p> <p>Q: Are you planning to involve the nurses?</p> <p>A: Yes, nurses already play a key role in the health education in schools. Cathy Burns and Ellen Van Arsdale are discussing the continuation of a full time nurse at every school. They are aware of the need.</p> <p>Rita Thrasher of Boca Raton's Promise spoke about Breaking the Silence - Teaching the Next Generation about Mental Illness. Flags and More than Sad are culturally relevant videos and curricula that address adolescent depression and suicide have been added to the curriculum for secondary students.</p> <p>Donald Cavanaugh suggested the book: <i>Scared Sick: The Role of Childhood Trauma in Adult Disease</i>. In <i>Scared Sick</i>, Robin Karr-Morse connects psychology, neurobiology, and genetics to demonstrate how fear in infancy and early childhood— when we are most helpless—is the root of common diseases in adulthood. Persistent stress can trigger diabetes, heart disease, obesity, depression, and addiction later on.</p>	
<p>Announcements</p>	<p><u>Upcoming events:</u></p> <p>Action Alliance meeting – September 19, from 2:00 – 4:00pm</p> <p>SHAC presentation to the School Board – October 10</p> <p>Wellness Promotion Task Force meeting – October 17 – 8:30 – 10:30am</p> <p>Presentation of The 2012 Wellness Promotion Policy Annual Report to the School Board and District Leadership on November 14.</p>	
<p>Adjournment</p>	<p>Meeting adjourned at 1:30 PM. The previously scheduled SHAC meeting for October 11 was changed to October 10 at 2 PM to coincide with the SHAC school board workshop presentation at the school district. The November meeting will be at the usual time and place: November 8 at noon at the American Lung Association.</p>	