

**School Health Advisory Council Meeting Summary
American Lung Association of Florida
January 9, 2014**

TOPIC	DISCUSSION	ACTION
Introduction	Dr. Charmaine Chibar, Chair welcomed attendees and asked them to introduce themselves.	
Approval of Agenda	Agenda was approved following motion by Dr. Bernstein, seconded by Sharon Tarlow.	
Approval of Summaries – November 14 and December 12, 2013	Approval of summary of November 14 and December 12, following motion by Dr. Bernstein, seconded by Pete Stewart.	
Old Business	<p>Mental Health Committee Sharon Tarlow from West Palm Hospital - Reminder of the LUNCH AND LEARN lecture at The Pavilion in West Palm Hospital on Tuesday, January 14th, 2014, from 12:00 to 1:30pm on Baker Act (BA). Lunch will be provided. Michael Kane requested to do BA presentation for the school district guidance counselors in February 2014. The next SHAC Mental Health meeting is on January 21. We will be reviewing the SHAC survey questions FY 2013-2014. Kim Williams – Encouraged everyone to join the National Dialogue on Mental Health for Creating Community Solutions - #OK2TALKPBC – The Mental Health Association of Palm Beach County (MHAPBC) and its partners are launching a series of community conversations related to the mental health of young people. These community conversations will be held in West Palm Beach, Belle Glade, Jupiter and Delray Beach. The Kick Off event is on January 24 @ Quantum Foundation, from 12- 2pm and the culmination event will be on April 25, 2014, for community leaders, professionals and consumers to present community solutions and action plan.</p> <p>Wellness Promotion Task Force (WPTF) Paula Triana informed that the 3rd Annual “Wellness Celebration”, held on December 5, 2013, was a great event. She thanked everyone for their participation. She also informed that the 7th edition of the Wellness Promotion Policy Annual Report was presented to the School Board and District Leadership on January 8, 2014. The 2013 Annual Report continued with the theme of “Perseverance...our Key Element!” It was sent out for the contributors’ review and should be ready to distribute to external partners by end of January. All stakeholders are encouraged to view this comprehensive annual report at the following URL/domain link: http://www.palmbeachschools.org/annualreport/2013wellness/index.html Next Task Force meeting on February 5.</p>	<p>To register call 561-832-3755 Or visit www.mhapbc.org You can join the discussion on line twitter@MentalHealthPBC.</p>

	<p>CDC Grant Advisory Committee</p> <p>Pete Stewart informed that they had a meeting prior to this meeting to discuss the CDC grant. They meet every 2 months before the SHAC meeting. It is a 5 year grant; they are in the planning year. It covers school health curriculum, HIV, STD, teen pregnancy, etc. This grant covers various components: health services, safe environment, and policy review. By January 15, they have to submit the 20 priority schools where they are providing the services.</p> <p>Paula Triana recognized the support of the SHAC, as an advocate for supporting quality, coordinated health services and education programs and policies in our community. She informed that the SDPBC will be applying for the 2014 Healthy Schools Recognition. The SDPBC has achieved the prestigious status of a Florida Healthy School District at the Gold level and we are looking forward to maintaining our Gold status in 2014.</p>	
<p>New Business</p>	<p><u>Status of Physical Education (PE) at the Local and National Levels –</u></p> <p>Presentation by Eric Stern, Physical Education Administrator for the School District of Palm Beach County. Eric Stern was selected by the Centers for Disease Control (CDC) as one of twelve nationwide leaders to serve on the first ever national coalition to support urban physical education.</p> <ul style="list-style-type: none"> · John F. Kennedy said "Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong." He felt physical fitness was a national priority. · Fitness- Based Physical Education Program – kids will do better academically. Promotes brain muscle growth because it challenges our brain. Exercise works as a neurotransmitter in that it helps our brain cells to grow. Exercise and learning are connected. Better test scores for those that practice PE. When taking gym first thing in the morning brings dramatic improve in math. <p><u>State Requirements:</u> The District follows a standards based physical education curriculum using the Next Generation Sunshine State Standards:</p> <ul style="list-style-type: none"> ▪ <u>Elementary School PE:</u> 150 minutes each week of PE (30 minutes of continuous exercise daily). ▪ <u>Middle School PE</u> One (1) class period per day of PE (1 semester of each year in grades six through eight). ▪ <u>High School PE Graduation Requirement Grades 9-12</u> One (1) credit in PE to include the integration of health. Schools have two options to meet the graduation requirement: Health Opportunities through Physical Education (HOPE) or, ½ credit Personal Fitness and ½ credit of a PE activity elective. <p>Waiver options apply if students meet certain criteria. The School District of Palm Beach County requires students to have one full credit of physical education in order to meet graduation requirements.</p>	

	<p><u>PEP Grant</u> – The School District of Palm Beach County (SDPBC) was awarded the Federal Carol M. White, Physical Education Program (PEP) grant in 2011 in the amount of 2.1 million dollars. Over the three year grant period all elementary schools in the SDPBC will integrate the Sports, Play and Active Recreation for Kids (SPARK) researched based curriculum. In just two short years of this grant the total teachers trained were 91. These PE teachers received eight days of professional development workshops, nutritional education, data collection, best practices and much more. 56,000 students have benefitted from the SPARK curriculum.</p> <p><u>What We Do Well:</u> Professional Development for Physical and Health Education teachers –SDPBC is one of the only districts in Florida doing well in this area. Wellness Policy Task Force Coordinated School Health Partnership SHAC – serves as an active voice for improving the health of school children Alliance for a Healthier Generation Fuel Up to Play 60 (100,000). An interactive site where teachers can plan activities, students can participate, and parents can support. It is a program that empowers students to take charge in making small, everyday changes at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day Walk Your Child to School Day Kids Read and Run Marathon. Increased elementary PE teachers</p> <p><u>Areas to Improve:</u> Resurrecting recess, emphasizing the importance of physical education, integrating nutrition education into core curriculum and investing in healthier school meals.</p> <p><u>2013 Every Kid Healthy Summit in Washington, DC.</u> – Topics reviewed: Wellness Policy School Based Action Plans District Accreditation Use common language Fund raisers in schools</p> <p><u>Comments:</u></p> <ul style="list-style-type: none"> · Dr. Clayton – Mentioned the need to open school playgrounds. Suggested to have older kids in high schools or juniors to volunteer to help others in physical activities and sports and have play days. · Erica Whitfield – commented about school grounds. One school opens in the week-end. The Berkshire Elementary Walking Trail is an example and great opportunity for students, families and community members to come together for a time of wellness and physical 	<p>Inviting SHAC members to participate in the Advisory Board 2014.</p>
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	<p>activity. The Legal Team of the School District is on board on this initiative. It is an initiative on the works.</p> <ul style="list-style-type: none"> · Dr. Fishbane – applauded Eric Stern for the presentation and assured him that SHAC Executive Committee supports the Wellness initiatives and will try to bring in other partners. · Dr. Clayton wanted to know about the PTA /PTSA– parent involvement in wellness initiatives in SDPBC. The Palm Beach County Council of PTA/PTSA is a member of the largest advocacy group for children in the nation. There are 41 registered schools with PTA representation. · Utilizing Allamanda as a pilot school for infusing all the wellness concepts. · Acreage Pines Elementary –Biomedical & veterinary technology choice academy where physical activity is part of the curriculum. Introduced the Walking Classroom. In the medical academy of health sciences at the high school level, preparing the older kids to become certified personal trainers of younger children, specially targeting kids that are isolated. · Bring Marines to partner in efforts. · Suggestion to include Wellness Issues as a standing item to be discussed in the Agenda. 	<p>Ana Bastias to scan document on ACA Navigator Guide and send out to SHAC members.</p>
<p>Announcements</p>	<p><u>Upcoming events</u> February 8, 2014 – PBC CPR Day. Fire stations and medical magnet students from around the county will set up classes that day to teach the basics of hands-only CPR. February 3-7, 2014 - National School Counseling Week 2014, “School Counseling: Building Magical Futures,” will be celebrated. June 12, 2014 – Summer Institute</p>	
<p>Adjournment</p>	<p>Meeting adjourned at 1:30 PM. Next meeting is February 13, 2013.</p>	