

## School Health Advisory Council Meeting Summary

Health Care District, Board Room

2601 10<sup>th</sup> Avenue North, Palm Springs

October 10, 2013

TOPIC	DISCUSSION	ACTION
<b>Introduction</b>	Chair, Dr. Charmaine Chibar, presided over the meeting. Welcomed members followed by introductions.	
<b>Approval of Agenda</b>	Agenda was approved following motion by Cathy Burns, seconded by Paula Triana.	Meeting agenda approved.
<b>Approval of Summary – 9/12/2013</b>	Approval of summary was postponed for next meeting.	
<b>Old Business</b>	<p><b>Mental Health Committee – Dr. Bernstein</b>            Dr. Bernstein noted that he and Dr. Fishbane met in September with school district leadership (Cheryl Alligood and Keith Oswald) about the SHAC Proposal Pilot Project. They will meet with Chuck Shaw, Chairman of School Board, on October 28 to further discuss this Proposal.            He noted there was an “Infant, Child, Youth and Young Adult Symposium “at the convention center last month reviewing recommendations for addressing needs at all ages. One of their recommendations is to identify dedicated staff at each school to help get children to needed services – similar to the school-based team leader that would coordinate services for the students in every school as recommended in the Proposal Pilot Project.            Dr. Bernstein informed there will be a presentation by the Mobile Crisis Team at the next Mental Health Committee meeting on October 18. The staff is trained intervention specialists who will respond to psychiatric emergencies in the community and at the schools.            The Baker Act (BA) Protocol has been approved by the School District. So far, the school nurses, school officers and the school based team leaders have received the BA training. Looking into giving the training to the school assistant principals and other community members.            The “Weight of Words” is a play with music written and performed by high school students from Nova High School in Broward and supported by their school district. “Weight of Words” puts a magnifying glass on the topic of bullying and its effects within a home, a school, a community, the United States and in the world. It is a very powerful play. It is scheduled to be shown to school principals on November 12.</p>	Next SHAC Mental Health Committee meeting is October 15, 2013.

Dr. Bernstein shared that Kevin McCormick has recently been appointed Associate Director of Inclusion & Programs for Exceptional Student Education (ESE) Department.

**Student Mental Health and Wellness** – Michael Kane.

The elementary certified school counselors participated in professional development training on a new mental health curriculum for students in grades 4 and 5. The program, “Breaking the Silence: Teaching the Next Generation about Mental Illness”, is designed to reduce the stigma that prevents many students and their parents from seeking help. The training was provided by curriculum co-authors of the National Alliance on Mental Illness (NAMI) in Queens/Nassau, New York. The Breaking the Silence program consists of six 30-minute sessions centered on several stories and guided discussions with counselors and teachers highlighting facts about mental illness. The training will assist certified school counselors to recognize early warning signs of mental illnesses and to locate information on available services.

The school district is in the fourth year of a three year grant from FL State University through the Institute of Education Science. It funds a project titled Student Success Skills (SSS) to help students improve academic achievement through developing the social and self-management skills that they need to succeed. During the school year, five classroom lessons are taught by school counselors with 3 later booster sessions. The project involves 120 school counselors, 240 teachers and 4,500 fifth grade students between Palm Beach and Broward counties.

**Wellness Promotion Task Force** – Paula Triana

This is the 8<sup>th</sup> year of the Wellness Promotion Task Force in the District. The next Wellness Promotion Task Force meeting is scheduled for October 16, 2013 at 8:30 - 10:30 AM in the Main Board Room of the School District on Forest Hill Boulevard. The Annual Report will be presented on January 8, 2014 to the School Board. A \$5000 donation from CitiBank was received and some of the funds will be used for the Wellness Champions application process. A Wellness Champion is a staff member with a commitment and passion to health who volunteers to serve as an ambassador for the Employee Wellness Program. One winner will win \$250 toward their Wellness Program. This school year, Allamanda Elementary is the first school in The School District of Palm Beach County designated as a Health and Wellness campus. Allamanda is striving to educate the whole child with an increased focus in the areas of fitness and nutrition and offering many opportunities for students, teachers, and families to participate in life changing activities. Allamanda and four other schools received grant of \$65,000 for the Walking Classroom Program. The Walking Classroom is a program developed as a response to the lack of opportunities for student activity during the school day. She will be attending the Task Force meeting in October 16.

	<p><b>CDC Grant Advisory Committee – Pete Stewart</b>  The Grant from the Centers for Disease Control and Prevention (CDC) was refunded for the fourth time for five more years. This grant cycle just started August 1st. One of the requirements of the grant is for a School Health Advisory Committee or Council and it was agreed that it would be under SHAC to meet the CDC requirement. He recently attended the Funded Partners Convention in Atlanta and learned about the requirements of the grant and specifically the expectations for the advisory committee.</p>	
<p><b>New Business</b></p> <p><b>Presentation of SHAC Survey Results</b></p> <p><b>SY 2012-2013</b></p>	<p><b>SHAC Surveys SY 2012-2013 Presentation – Dr. Fishbane</b>  A Power Point presentation was used to review the most recent SHAC survey data results in comparison with those from previous similar survey years. Twelve elementary schools had been selected from all school district areas to be representative of the diversity of the student population. Surveys were completed by students in grades 3 and 5 and school staff at identified schools during May 2013; surveys with postage-paid return envelopes were mailed to parents of students in the third and fifth grades during the same time frame. Questionnaire completion was voluntary and anonymous. The SHAC survey response rates for all groups were reviewed. Parents’ survey response rate was at the lowest rate over the years. Suggestion was made to send the parents’ surveys home with the students next year.</p> <p><u>Discussion during review of results:</u></p> <p><b>Q1 – If you/your child/your students had a problem or were really worried about something, whom would you/your child/your students talk to?</b> Students talking more to a family member. Disconnect with the teachers’ perception vs students/parents.</p> <p><b>Q2 – What do you/ the child/your students worry about the most while at school?</b> Students’ worrying about the FCAT has gone up among 3<sup>rd</sup> graders. Teachers, on the other hand, do not believe that the students worry about FCAT but they worry mostly about problems with friends/other students.</p> <p><b>Q3 – How many times have you/your child/the average student been bullied by other students?</b> Repetitive experiences with bullying; data from this question over the years has been consistent at about 23-24% for 3<sup>rd</sup> graders but trend decreasing for 5<sup>th</sup> grade (less than 20%).</p> <p><b>Q4 – Do teachers and other adults at school help when someone is bullied?</b> Teachers believe that 90% of the time teachers and other adults at school help when someone is bullied. Students say that it is 70% of the times and 25% responded sometimes/rarely/never.</p> <p><b>Q5 – Do teachers and other adults at school really care about you/your child/students?</b> About 80% students and parents selected all/most of the time that teachers and other adults at school really care about child/student; conversely, 20% students selected sometimes/rarely/never. The teachers’ rate is higher with almost</p>	

	<p>100% for all /most of the time.</p> <p><b>Q6 – How often do you/your child/students feel tired when you/they get to school?</b> Similar pattern in both grades with about 1/3 students indicating all/most of time feel tired when they get to school. Parents indicated less than 10%, staff about 15% for all/most of time. Felt important to retain this question in future surveys. Children not getting enough sleep – correlated with obesity. Need to impress on the parents that rest is as important.</p> <p><b>Q7 – How often do you/your child/students feel safe at school?</b> Students both grades report feeling safe sometimes/rarely/never at 20% rate; parents reported at less than 10% and teachers less than 5% for these categories.</p> <p><b>Q8 - How many friends do you/your child/students have?</b> The students feel that they have many friends.</p> <p><b>Q9 – What do you/your child/the majority of your students do for fun?</b> Parents and teachers feel that students do more TV/video games/ computer for fun (55%) than the students (34%).</p> <p><b>Q10 – I/my child/students feel good about myself/himself/herself/themselves.</b> 20% of students selected feeling good sometimes/rarely/never in 3<sup>rd</sup> grade; 18% in 5<sup>th</sup> grade. On this question, teachers reported more similarly to students than parents.</p> <p>Dr. Fishbane asked the members to think about potential new survey questions for this school year. Any thoughts or feed back are welcome. The SHAC Mental Health Committee will be working on the questions for the next survey.</p>	<p><b>Q6</b> - The Council agreed that this question is a keeper. .</p> <p>Recommendation to change questions 8 – 10 on next survey.</p>
<p><b>Announcements</b></p>	<p><b><u>Upcoming events</u></b></p> <ul style="list-style-type: none"> <li>▪ October 10, 2013 from 5:30 p.m. to 8:30 p.m - The Palm Beach County College/Career Fair 2013 took place at the South Florida Fairgrounds and Expo Center West.</li> <li>▪ October 16, 2013 – Wellness Promotion Task Force Meeting.</li> <li>▪ October 20, 2013 – 2013 Palm Beach County Buddy Walk will take place in Lake Worth at John Prince Park. The Buddy Walk® was established by the National Down Syndrome Society in 1995 to promote awareness of individuals with Down syndrome and to celebrate October as National Down Syndrome Awareness Month.</li> <li>▪ October 24, 2013 - The third annual Food Day is being held. •The District’s School Food Service Department will be promoting Food Day by encouraging all schools to serve oranges at the breakfast and/or lunch meals.</li> <li>▪ November 9, 2013 from 8:00 a.m. to 1:00p.m. – Caridad Clinic Family Event.</li> <li>▪ November 14, 2013 - The Palm Beach County Exceptional Student Education</li> </ul>	

	(ESE) Advisory Council & the School District's ESE Department are hosting the Fall Family Forum for parents at John I. Leonard High School in Greenacres. <ul style="list-style-type: none"><li>▪ October is the Breast Cancer Awareness Month.</li></ul>	
<b>Adjournment</b>	Meeting adjourned at 1:23 PM. Next Meeting is November 14, 2013.	