

Alexandria City Public Schools
SCHOOL HEALTH ADVISORY BOARD MINUTES
March 18, 2019 | 4:00 – 5:30 PM

Called to order at 4:05 pm

Attendees: Karen Seaver Hill (chair), Mary Wendy Harper, Mike Humphreys, Rachel Mendelson, Jeff Carpenter, Magdalia Martinez, Deb Bowers, Ann Harper, Ashley Blowe, Brooke Sydnor-Curran

ACPS staff liaison, Barbara Nowak; ACPS School Board liaison, Margaret Lorber.

Absent: Stephanie Fellenberg, Brittany Wood, Robyn Douglas, Viviek Sinha

I. Approvals:

- Agenda was adopted with no changes.
- February 14, 2019 Meeting minutes approved without corrections.

Recognition: Brooke Sydnor-Current named an Alexandria Living Legend

II. Action Items

A. Physical Activity

March Movement Challenge – 300 Move2 Learn toolkits were distributed throughout ACPS. There will be some follow up data on how the kits were used. Also, Running Brooke brought intel to the Principal's Meeting to continue to build buy-in with teachers.

Beginning last June had built in language to encourage teachers to bring in movement to the day planning. The hardest "last mile" to get the teachers to incorporate.

Short of mandating but stronger than encouraging. There are tons of tools/resources. Do we need to research what happens at other schools/districts? (ie MacArthur's Responsive Classroom Curriculum daily movement). Building site leadership is autonomous and challenging. There is response to competition an incentive.

Superintendent wants to emphasize equity. There is extra pressure on schools with high needs and may be a serious disincentive to add movement. Will need to be realistic about barriers. Yet, Polk (Title I school) is very enthused about new roll out programs (biking, swimming). What measures are built into these programs? There are limited evaluation tools. Both opportunities to evaluate and build.

Mary Harper: Maury program for 2 years, sponsored by Sheila Johnson (BET) with researchers from St. Louis U. Was an amazingly well-resourced program. Key was the buy in of the teachers. 10 min daily walking w/ pedometers, sneakers – was relayed as an expectation. Continued for 1 year post grant and sponsorship. Shows the difficulty in sustaining such initiatives.

Can we partner schools or principals to help “whip” the principals who are reticent?

KPI measures beyond Vision 2020. What is the measurement for what?

Can we get data from the tap program? On time, on task, timely completion of school/seat work. How do we control for confounding factors? What are proximal measures and process measures? In the past, a 3rd party vendor has led the process with a mixed community group.

ACTION/Ideas:

- Look at what KPI includes health goals, see what data is attached, where have we been and what is SHAB’s opinion? (Jeff)
- Are we looking to build a new policy or a practice?
- Can we capitalize on the relationship at GW? Cooperative agreement with George Mason University?
- How can we bring more local example than the national policies on movement?
- New Strategic Plan 2020 to emphasize and measure health and wellness.

B. Community Health Needs

June 26th Community Meeting from Community Health Assessment. Can have input to what items are prioritized and paired down to include in the community health improvement plan.

Look through lenses of equity. Look for levels of engagement across the city. Articulate the barriers to success in the school

Northern VA Regional CHA; here in Alexandria INOVA/health department have partnered on the assessment of health as well as the implementation plans.

Base priorities off of the data to communicate with the school. Elevate these issues and pull the data so that our policies reflect the experience of our students.

Deficiency is that there is very little student response data. Not as representative as we want it to be. The Health Dept.

Off year then Developmental Assets then YRBS – student self-report

- ACTION: Define what were the health and wellness objectives in the 2020 plan? Measure how did it go and what happened? The following year address where are we going?
- FOLLOW UP –Thursday 3/21 school board meeting which will discuss progress. Item #20 ACPS 2020 Performance Update.

Engage the Substance Abuse Prevention Coalition of Alexandria SAPCA (Alan Lomax, Director and Emma Bell, program coordinator) in SHAB. The youth are engaged and would make a more authentic voice to anything we bring to the board.

C. School-based Health Professionals

Finance reached out to ACPS because they recognize staffing size and ratios are off.

- Challenge: How do we get to predictability for the school administrators so they know that volume/counsellors would grow appropriately and predictably?
- What would a planning factor be? What are the national standards? What is reasonable with existing constraints?

Central Office staff was able to propose items. Do not anticipate any changes in this proposed budget. As the need progresses, it is up to schools to advocate individually.

Substance abuse counsellors. Recommendation based on past service/referral. 1:1500 ratio that are now delivered in tiers (Freddy Martinez). Do not have student to student mentorship, but use group.

FOLLOW UP/NEXT: Determine if SHAB supports the development of a ratio structure? Student Support Staff Resolution from SHAB to be sure that a future budget needs to accommodate the actual need. There is a general operating budget increase when enrollment increases – but this does not necessarily materialize with new FTE. There are years of operating at a deficit of staff, despite population growth.

- Need to understand the SST members point of view – how to utilize their resources; how to work at top of license; mid level providers; para professionals.
- Question: has there been a survey of SST members? What did the data reveal?
- Multi-tiered systems of support (MTSS) may have a survey mechanism.

III. Reports

A. School Health Services Reports

Nurse Practitioner and Health Educator both resigned. This reduces volume. Aim to be staffed again in the fall. Have permission from VDH to use part time state NPs. Will be able to fill in in May when sports physicals ramp up.

Meeting adjourned at 5:10 p.m.