

Howard County School Health Council

April 5, 2017

(4:30pm-6:30pm)

Howard County Health Department (HCHD)

Barton A-B Conference Room

8930 Stanford Blvd

Columbia, MD 21045

APPROVED MINUTES

Attendees: Deborah Lattimer, Kerrie Wagaman, Ekere Olojola, Kerrie Williams-Washington, Tempe Beall, Laura Wisely, Donna Mazyck, Mirian Dfonedu, Christina Delmont-Small, Deb Jung, Sharon Hobson.

I. Welcome and Introductions

Debi Lattimer

II. Review of Ground Rules

As Needed

Executive Board

III. Approval of Agenda & February Meeting Minutes

Consensus

Debi Lattimer

- Minutes approved for February 1, 2017.

IV. Results of Elections for Officers (Chair, Vice-Chair, Secretary)

Nominating Committee Co-Chairs, Jackie Dougé & Kerrie Wagaman

- For the next 2 years the following are elected:
 - Anne Markus as Chair
 - Joan Webb-Scornaienchi as Vice Chair
 - Kristin Williams-Washington as Secretary

V. Overview of School Implementation Activities under Wellness Policy 9090

Ekere Olojola, MS, RD, LD [CONFIRMED]

Registered Dietitian, HCPSS

- Wellness champions are appointed by principal in every school, and the responsibilities include leading and coordinating the schools' efforts to increase healthy eating and physical activities for students. They serve as liaisons for the schools' policy implementation and reporting, and they establish and lead the school wellness team.
- Best practices throughout the school system include:
 - Girls on the Run Program – Physical activity to inspire an appreciation of fitness and a life time of health.
 - Jump Rope for Hearts, and Hoops for Hearts – Building healthy hearts free of cardiovascular diseases and strokes (sponsored by the American Heart Association).
 - Turkey Trot – Two mile walk/run.
 - Amazing Race – Completing group challenges.

➤ 5K Race – Yearly Howard County School System event.

- For all students for all times of the day, which is defined as 12:01 a.m. until 30 minutes after the last school bell, all food items offered must follow the Institute of Medicine Standard Tier I standards. The food items must have full serving amount of fruit, vegetable, whole grain, or combination of any of, Fat Free and Low Fat Milk products, Lactose Free and Soy Beverages per portioned as packaged, and the item must be least or equal to 200 calories, less than or equal to 35% of total calories from fat and sugar, less than 10% from saturated fats and zero trans fats, less than or equal to 200mg per sodium. This includes school celebrations or any other school activity.
- Revision of the Wellness Policy 9090 exceptions include 12 school celebrations per year involving foods that do not meet the Institute of Medicine Standard Tier I standards. Examples: 8th grade Graduation Breakfast, Honor Roll students.
- Vending Machines standards must follow Institute of Medicine Standard Tier II; after school is defined as 30 minutes after the last bell. Standards are similar to Tier I with the exception that food items are not required to have a full serving of a fruit, vegetable, dairy product, or a grain.
- Q & A.

VI. Update on Follow-Up Activities to Adolescent Mental Health Symposium

Jackie Dougé, MD, MPH, FAAP

Medical Director of Bureau of Child Health, HCHD

&

Sharon Hobson, RN, MSN, CPNP-PC

School-Based Wellness Centers Program Administrator, HCHD

- Sharon Hobson gave history of how the Adolescent Mental Health Symposium came about.
- Q & A, group discussions.

VII. Update on BoE School Start and Dismissal Time Public Hearing & Next Steps

Debi Lattimer, MPH, Executive Board Member, Howard County School Health Council

Deb Jung, JD, Co-Chair, Later Start Times Local Chapter

VIII. Public Input

- Request from Mr. Miller that HC-SHC endorse a stakeholder meeting with HCPSS on the issue of hearing loss among students and staff
- Goals and strategies for SY 2017-2018, with at least 3 reasons why HC-SHC should address them

IX. Adjourn Meeting – 6:30 p.m.

LAST MEETING OF SY 2016-2017: RECOMMENDATIONS FOR ANNUAL REPORT!!!

June 7, 2017, 4:30-6:30pm

Howard County Health Department

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