

FULL COMMITTEE MEETING
Howard County School Health Council
September 3, 2014
10:00 a.m. – 12:00 p.m.

MINUTES

1. Open Meeting 10:10 a.m.
Attendees: Kelley Bickersteth, Ann Delacy, Marva Dickerson, Jackie Dougé, Jo Greenberg, Joann Jackson, Deborah Lattimer, Anne Markus, Ekere Olojola, Linda Rangos, Michael Senisi, Linda Von Paris, Joan Webb-Scornaienchi, Jeanne Sciabarra.
2. Approval of Agenda & Minutes
May minutes were approved.
3. Updates and Announcements
 - Anne Markus last year as Chair for the School Health Council.
 - Back-to-School Night – HC DrugFree flyers will be distributed.
 - Parents are being asked to sign-up for the Free Electronic Newsletter to keep parents aware of local drug and alcohol issue. The Business Monthly for September 2nd (online also) had an article on drug and alcohol issues referencing Columbia Merriweather Post Pavilion, and other current drug and alcohol issues.
 - School Health Council assisting in getting the word out about Semi-Annual National Drug Take Back Day. This day is reserve to collect over-the-counter medications in order to properly dispose of them, and to keep the medication out of the hands of children. There will be 8 - 10 location drop-off sites for unwanted or expired medication. Epi Pens, needles and syringes will be collected at the HC DrugFree office only.
 - Teen Advisory Council open to High School Students only, and the first meeting will be next week. Community services hours will be given to participants.
 - Getting more information out to the public about the use of illegal drugs like molly, etc.
 - HC DrugFree logo changed, name presently remains the same.
 - Montgomery County group trying to generate support for a platform to promote school food in the State Legislature. Platform builds on the current Federal and State requirements. The goal is to increase farm to school foods, decrease additives in foods. Question: Can the School Health Council get involved?
 - HCPSS: On 8/8/2014 a Para-Professional Seminar session was held to discuss physical activity during and after the school day.
 - Professional Learning Day was conducted on 8/20/2014 by HCPSS, and the keynote speaker, Dr. Majid Fotuhi, spoke about brain research, how the brain is shrinking, the increase in obesity and how it ties into physical activity, how we can boost the brain, and how we can grow the brain. Dr. Fotuhi wrote a book called “Boost Your Brain.” Over 100 teachers requested it and were provided with his book.
 - Grant submitted by HCPSS to the Horizon Foundation for a comprehensive school activity program to help promote more resources to assist schools in developing a program using before and after school physical activities.
 - More iPads were distributed to Physical Education teachers to increase technology in using up-to-date real time data to help teachers and students see how well they are doing.
 - New curriculum introduced in Physical Education in reference to using more movement in the classrooms.
 - Beginning and developing brain curriculum in elementary schools.

- Para-professional workshop coming up next few months.
 - The HCPSS Nutritionist will work with children starting at Harper's Choice Middle School on different topics like healthy eating, and disorder eating.
 - Completing the fitness data with The Horizon Foundation. When will the data be available to review? The date is presently not available for the finished product.
 - Presently no one appointed in Central Administration to monitor implementation of provisions to the policy for physical education.
 - Howard County Health Department in conjunction with the Howard County Public Schools has applied for approval to expand the Wellness Centers into Patuxent Valley Middle School. Also piloting a program, and presently awaiting approval for Telehealth Program in 5 schools to receive acute care services through working with Maryland University Pediatric Emergency Room Physicians providing the services.
 - PTACHC reports HCPSS will hold their first community 5K on October 12, 2014 starting at the Sheraton in downtown Columbia.
 - PTACHC asked all PTA Members for feedback regarding how the wellness policy is affecting PTA booster club activities.
 - EHIC behavior work group is working on a presentation for the County called "Behavioral Health Passport." Language barriers data being used from the last past few years concentrating on language being a barrier to getting access to health care.
 - The School Health Council received a \$1,000 grant from the Maryland School Health Council for writing a proposal related to priorities set in the local health improvement plan. Pre-approved funding was granted, but final approval is needed once more details on the budget are submitted. This grant will be used to work with High School Principals on enlisting high school students to become public health ambassadors.
The School Health Council \$1,000 mini-grant will be held by the Howard County Health Department.
 - Continuing the search of data that might be available to look at in relation to student health and well being as a feedback function to 9090.
4. Dr. Jacqueline Dougé presented data on Howard County Youth Risk Behavioral Surveillance Survey (YRBSS), with the focus being on High School Data. The survey now includes questions on sexual behavior, sexual violence, and sexual identity. Risk behaviors indicators include measures of bullying, harassment, suicide, weight, nutrition, and physical activities. Data is divided into grades 9-12, both males and females, and 3,600 children participated in this survey. The selection process to be announced at a later time at a future meeting.
- The survey is conducted every two years, with the first mandate by the Maryland General Assembly in 2005, and then the last in 2011, using health risk behaviors in adolescence, and now in 2013 in both middle and high school periods. Moving forth, data will now be collected each year starting in 2014, making 2014 data available in 2015.
5. Priorities to focus on the upcoming year related to Policy 9090.
- School Health Council to provide feedback annually to the Board.
 - Publicize the function of the School Health Council.
6. Adjourn Meeting at 12:14 p.m.