

MINUTES
Howard County School Health Council
December 12, 2018
(6:30-8pm)

HCLS Elkridge Branch: Belmont Meeting Room
6540 Washington Boulevard, Elkridge, MD 21075

Attendees:

Sarah Ganginis, Kerrie Wagaman, Tempe Beall, Jess Nocera, Kenyatta Cully, Cynthia Schulmeyer, Deb Jung, Mirian Ofonedu, Debi Lattimer, Farah Helal, Sharon Hobson, Joan Webb Scornaienchi, Vicky Cutreano, Anne Markus

I. Welcome and Introductions

Anne Markus, Chair, SY 2017-2019

6:45 pm

II. Review of Ground Rules

As Needed

Executive Board

III. Approval of Agenda & October Meeting Minutes

Consensus

Anne Markus

IV. Presentation on issues regarding HCPSS nutrition policies and nutrition education

Sarah Ganginis, MS, RD, LDN

Ms. Ganginis provided a set of comments, followed by some specific examples, and ending with recommendations.

Comments: HCPSS does a wonderful job with nutrient dense foods and offering them in the cafeteria. However, labeling certain foods as healthy, implying they are good, and others as unhealthy, implying they are bad, is not helpful and reflects a weight bias when a child's body is changing into a young adult's. It is also part of the health education curriculum where healthy means thin and maintaining a healthy weight. This concrete message has an effect on children who need to learn from their bodies and to have a relationship with food.

Examples: Ms. Ganginis works with eating disorder patients who sometimes have to excuse themselves from health education class because it is upsetting and different from the messages she is giving to patients to manage their disorder. Her own child who is in Kindergarden was called for eating chips at lunch. Bingo includes a box that uses the terminology of avoiding the temptation of deserts when deserts can be ok. It is vilifying the food giving a wrong message.

Recommendations: Focus on obesity prevention has gone too far. "Intuitive eating" should be appreciated more. There is enjoyment vs punishment in food. A: HCPSS should reconsider messages and create messages that create a healthy relationship with food and with body. It should not label food as good or bad. Food has no moral value. B: Educators, cafeteria staff, etc. should not comment on what a child brings to schools or required an order in which the food should be eaten. C: Health curriculum should include positive body

messaging and show respect for the diversity of all body sizes. Staff should be aware of their own weight bias and own nutrition bias. One might be healthy for one might not be for another.

Q&A: Ms. Ganginis was asked about alternative language the school could use. The consensus of the group was that this should be part of a longer conversation, maybe with the Horizon Foundation as well.

V. Introduction of HCPSS instruction video on gender identity

Tempe Beall, Health Education Instruction Facilitator, HCPSS

Ms. Beall introduced an instructional DVD on gender identity, explaining that it is a gap in the current health education curriculum, which is mandated by COMAR. This fits in the reproductive health unit, which is only for students who opted in because parents can have their child(ren) opt out of the sexual health unit. It is a 20 minute video to support Grade 8 or Grade 9 objective, and it may fit better in Grade 8 than Grade 9. HCPSS uses the following criteria to select materials: 1) diversity; 2) inclusion; 3) accurate scientific information; 4) more than one concrete example; 5) appropriate levels of vocabulary. The video is produced by Human Relations Media (www.hrmvideo.com) and is titled “Understanding Gender: Identity, Biology and Expression.” Copyright from 2018. Cost of \$149. The group was asked to view the video and give formal feedback through a form, which was collected by the end of the presentation.

VI. Brief report on Board report on mental health

Kerrie Wagaman, RN, MSN, BSN, NCSN, Coordinator of Health Services, HCPSS

Ms. Wagaman provided a report on the mental health report, which was presented to the board on November 29, 2018. She described the school system’s multi-tiered system of supports, with the bottom tier addressing the needs of 80% of the students. All ES are implementing the Social Emotional Learning (SEL) program because Kindergarden is not Kindergarten any more, it is a hard curriculum. HCPSS now has 5 social workers who are working with community-based providers who can come to schools to provide services. A RFP was used to contract with community-based providers. Social workers address the needs of students who move into the Tier 2 group and some of the students who are in the Tier 3 group and who may need counseling. The current model with University of Maryland sunsets in June 2019. The new model starts overlapping this year with an additional 10-20 schools, using a feeder approach. HCPSS is moving to a sustainable approach with community-based providers who can bill for their services but also provide non-billable services and measurements with evidence-based assessment tools. The five year plan is to boost the student services team led by Caroline Walker and James Lemons. E.g., HCPSS does not have a FT nurse in every school in Howard County. There will be an emphasis on community collaboration. There is a Superintendent Sub-Cabinet on this, which met once and will provide feedback to the Superintendent. The HCPSS budget comes out next Tuesday (12.18.2018) and staff is waiting to see whether their recommendations have been incorporated.

VII. Later Start Times

Deb Jung, JD, Howard County Councilmember

Council Member Jung reiterated that adequate and restful sleep is still important for adults and youth. During her campaign, she heard a lot from adults about the noise from BWI and about the health of students. She stressed that HCPSS/BoE must add funding for buses to the school budget and that County Executive Ball and the rest of the County Council will be briefed about this issue. Ms. Jung is sending a message to activate. Tina Horn is the new leader of Later Start Times Howard County. A big public information campaign on why this is important and what the science is will be launched in Summer 2019 before moving to action so that the community is well informed, unlike what happened with the process a couple of years ago. “It is just dollars,” Council Member Jung stated.

VIII. Priorities for SY 2018-2019

All

2016 YRBS Data: <https://phpa.health.maryland.gov/ccdpc/Reports/Pages/YRBS2016.aspx>

The Council did not have time to discuss priorities but the presentations at this meeting provided useful information on perhaps how to move forward for the rest of the school year.

IX. Announcements

The three officers are ending their two-year term this year and the PTACHC representative will retire, which means that the Council will be looking to fill at least four positions for the new term, which begins July 1, 2019 for SY 2019-2021.

Debi Lattimer made an announcement about the anniversary of the shooting at Sandy Hook. An event will be held on Friday December 14, 2018, and she encouraged everyone to attend and to extend the invitation to others who may be interested.

X. Public Input

None.

XI. Adjourn Meeting

8:15pm

NEXT SCHEDULED MEETINGS:

February 13, 2019

April 10, 2019

June 12, 2019

Please check website at

<https://www.howardcountyschoolhealthcouncil.com/public-meetings.html>