

SCHOOL HEALTH ADVISORY BOARD

REPORT TO THE ARLINGTON COUNTY SCHOOL BOARD

Keeping kids healthy at school, learning and growing

Katie Adamson and Vera Cardinale
Co-Chairs, SHAB
January 7, 2016



AGENDA

REFRESHER ON SCHOOL HEALTH ADVISORY BOARD

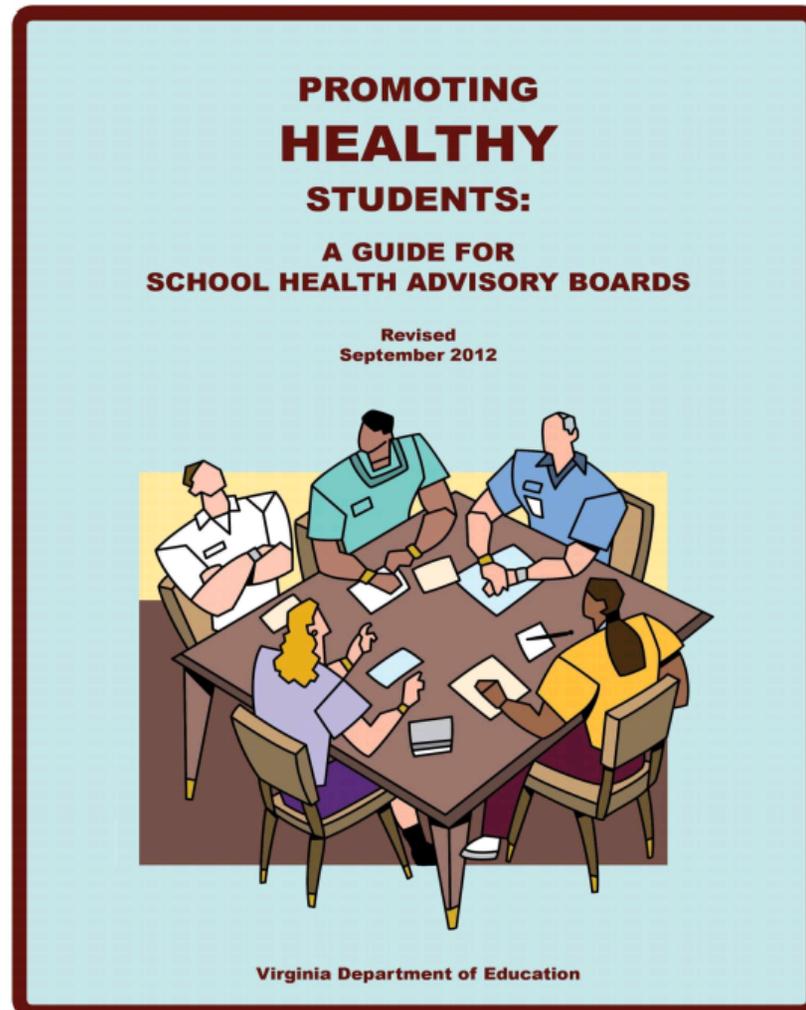
GOALS FROM PAST YEAR
(SCHOOL CAPACITY, PILOTS, WEBSITES, POLICIES AND DATA)

CHALLENGES AND OPPORTUNITIES ADVANCING POLICIES

FUTURE VISION

BURNING ISSUES FOR 2016

WHY AND HOW WAS SHAB CREATED?



HOW SHAB CAN FUNCTION

Figure 1



ENHANCING ACTIVITIES OF A SHAB

Enhancing Activities of a School Health Advisory Board:

- **Identify obstacles** in the community and school division to accomplishing school health advisory board initiatives. *Promoting Healthy Students: A Guide for School Health Advisory Boards* September 2012.
- Conduct ongoing needs assessments, such as **the School Health Index** from the Division of Adolescent and School Health, Centers for Disease Control and Prevention (<https://apps.nccd.cdc.gov/shi/default.aspx>).
- Establish a mechanism for **regular reporting** to the school division, individual schools, local school board, and the community on the work of the school health advisory board.



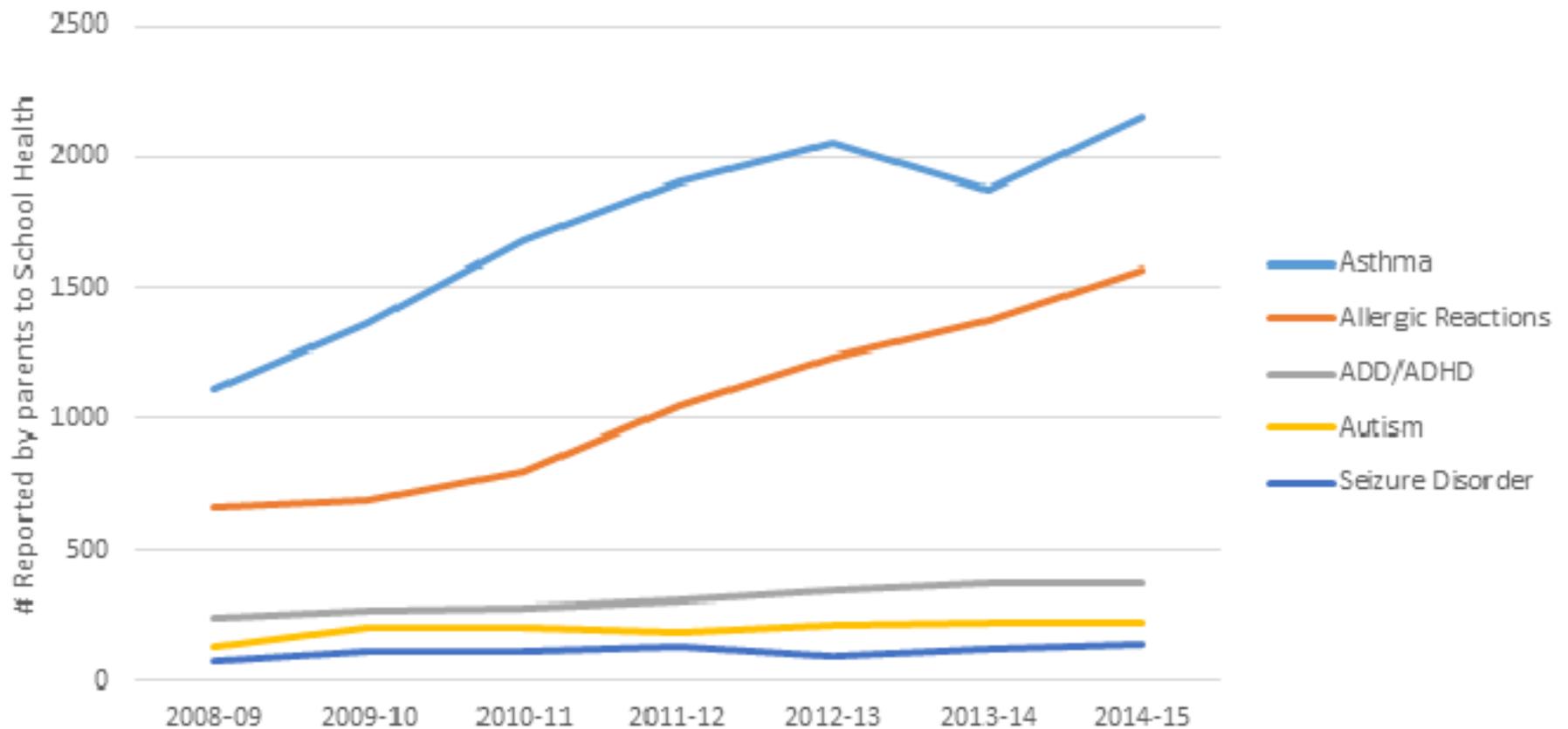
WHAT DOES SHAB CARE ABOUT?

The Whole Child, including:

- Rising rates of obesity and chronic disease among APS students.
- Absenteeism from communicable diseases, which disrupts learning.
- Physical activity and outdoor play.
- Healthy eating as a foundation for good health.
- Adequate sleep for school success.
- Socio-emotional wellbeing.
- Safe environments to learn and grow.

CHRONIC DISEASE IN APS SCHOOLS: DR. SAM STEBBINS

SHB: Common Chronic Conditions in APS Schools
2008/09 - 2014/15



SHAB WORK GROUPS

1. **Assessment and Best Practices**
2. **Wellness and Communicable Disease Policies**
3. **Physical Activity**
4. **Nutrition and Food Allergies**
5. **Socio-Emotional Health**
6. **Environmental Health and Asthma**

GOALS FOR THIS PAST YEAR

1. Continue to assess our schools' wellness and the capacity to carry-out policy implementation
 - Identify the existing wellness capacity at our schools and key areas of comprehensive school health that schools want to focus on.
2. Ran pilot tests of the CDC's School Health Index in two schools (Oakridge/Jamestown) and began a third pilot (Taylor).
3. Deepen our relationship with the school system and Board
4. Advance school-wide policies
5. Better educate parents and the school system about school health
 - Promoting new tools / New Food Service Website
6. Work to connect school health with the on-line database to better gain health data for absenteeism and assess the whole child, especially for physical health

UNDERSTANDING SCHOOL HEALTH AND WELLNESS CAPACITY AT OUR SCHOOLS: PTA SURVEY

SHAB School Wellness Committee Survey Results											as of 11/15/14
Has Wellness Committee?	APS School	Healthy Eating/ Cooking programs	Farm to School programs	Food Allergy Awareness programs	Substance Use programs	Mental Health programs	Environment/ Green programs	School Gardens	Anti-Bullying programs	Physical Activity programs	N/A (don't have a Committee or Council)
No	Abingdon ES			1		1		1	1	1	
No	ASF ES										1
No	Barcroft ES	1	1	1				1		1	
Yes, a very active one	Barrett ES	1	1							1	
Yes, a very active one	Campbell ES	1	1				1	1			
No	Claremont ES	1		1			1		1	1	
Unsure	Hoffman Boston ES					1			1		
Yes, a very active one	Jamestown ES	1	1				1	1	1	1	
Yes, a very active one	Nottingham ES		1	1			1	1	1	1	
Yes, a very active one	Oakridge ES	1		1		1	1		1	1	
No	Patrick Henry ES										1
No	Taylor ES										1
Yes, not very active	Tuckahoe ES							1	1	1	
No	Kenmore MS										1
Unsure	Swanson MS								1		
Yes, not very active	Thomas Jefferson MS						1	1	1	1	
No	Wakefield HS										
17 schools		6	5	5	1	2	6	7	9	9	4

8 of 17 PTAs report having a Wellness Committee

SCHOOL HEALTH INDEX PILOTS ARE ASSESSING THE WHOLE CHILD

The SHI contains 8 modules, structured around CDC's eight-component model of coordinated school health:

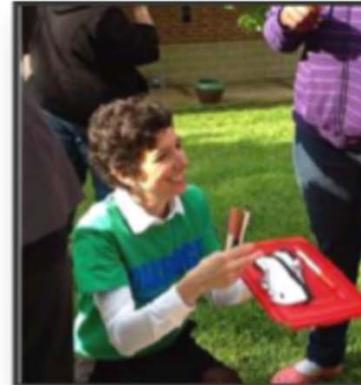
- School Health and Safety Policies and Environment
- Health Education
- Physical Education and Other Physical Activity Programs
- Nutrition Services
- Health Services
- Counseling, Psychological, and Social Services
- Health Promotion for Staff
- Family and Community Involvement

PRINCIPALS REPORT TO SCHOOL BOARD

 **Oakridge**
ELEMENTARY SCHOOL
An International Neighborhood School

Dr. Lynne Wright, Principal
1414 24th Street, South
Arlington, VA 22202-1500
703-228-5840
Fax: 703-271-0529

Dr. Lynne Wright



Ms. Kenwyn Schaffner

CONTINUE TO EDUCATE PARENTS AND STAKEHOLDERS: SHAB WEBSITE AND FACEBOOK PAGE

SCHOOL HEALTH ADVISORY BOARD HOME ABOUT CONTACT

PURPOSE

Assists with the development of health policies in Arlington, VA Public Schools and the evaluation of the status of school health, health education, and the school environment and health services.

Strategic Directions for 2014-2015

SHAB
Parents, Youth and Community
APS Arlington County

Keep Kids Healthy, At School, Learning and Growing

SCHOOL HEALTH DATA

- County Health Ranking
- State of the Air: Arlington
- Asthma and Food Allergies
- Immunizations
- Overweight
- Tobacco and E-cigarettes
- Substance Use
- Sexual Activity

PRIORITY AREAS

Assessment and Best Practices

- **Wellness Councils at APS schools**
- CDC School Health Index: Self Assessment and Planning Guide 2014

Wellness and Communicable Disease Policies

- APS Wellness Policy

BEST PRACTICES

- Farm to School Projects
- Safe Routes to School
- Walk and Bike to School Days
- Bike Trains
- Healthy Vending Machines
- Food in Classroom Sample Policy
- Wellness Recess
- Brain Breaks & Zero Hour PE

EDUCATING PARENTS: NEW FOOD SERVICE WEBSITE

Helping Prevent Allergic Reactions

- The APS Office of School and Nutrition Services recently put lunch menus on line, so parents and students can see nutrition information, allergen information, and carbohydrate counts for all foods.

Your school menu has now gone digital!

Introducing **Nutrislice**, an online and convenient way to view your child's school lunch menu that has intuitive features and engaging designs. With Nutrislice, you can:

- View nutrition information for each food
- See Carb Counts
- View Allergen Information
- Have access to menus through the Nutrislice mobile app!

Visit apsva.nutrislice.com to see your menu!



EDUCATING PARENTS: NEW FOOD SERVICE WEBSITE

Snapshots Showcases Food Services Open House

In this week's episode of Snapshots, Superintendent Dr. Pat Murphy talks with Food Services Director Amy Maclosky at their open house earlier this month. The open house was a chance for families to sample menu items, learn about the new Food Service website and meet local Farm to School partners to learn about their farms..

The screenshot shows the Arlington Public Schools Food Service website. At the top, there is a banner with the school logo and a variety of fresh fruits and vegetables. Below the banner, there are dropdown menus for "Washington-Lee" and "Breakfast". A green notice states: "All Menus Are Subject to Change. We do our best to provide our customers with all of our planned options; however, occasionally weather, crops, and supplies can change this. We will post menu updates via Twitter. Click for #APSbunchboxes". To the right, there are filters for "Filter Special Diets", "View carb counts", and "Milk Choices Available Daily". The main content area shows a calendar for "October 2015" with a menu for Monday (28) and Tuesday (29). The menu items include Mini Maple Waffles, Assorted Cereals, Assorted Fresh Fruit, Assorted Juice, Turkey Sausage & Bread, Egg Patty on Bread, Assorted Cereals, Assorted Fresh Fruit, and Assorted Juice. A detailed nutrition facts table for "Assorted Juice" is shown, listing values for 0.5 Cup serving size: 64 Calories, 0 g Fat, 0 mg Saturated Fat, 0 mg Cholesterol, 5 mg Sodium, 16 g Total Carbs, 0 g Fiber, 0 g Protein, 29.0 IU Vitamin A, 13.1 mg Calcium, and 24.4 mg Vitamin C.

"APS Snapshots" is a three-to-five minute cable program highlighting student, teacher or school achievements, or featuring important, up-to-date information on a variety of topics.

You can see "APS Snapshots" on Comcast Cable Channel 70 and Verizon FiOS Channel 41.



ADVANCE SCHOOL WIDE POLICIES

ARLINGTON PUBLIC SCHOOLS

25-1.7 No Tobacco Policy

The Arlington Public Schools prohibits students in all grades from the smoking or use of tobacco products, including e-cigarettes, on school property at any time. The Arlington Public Schools work cooperatively with other county agencies to provide awareness activities aimed at avoiding student use of tobacco products. The school division shall take appropriate disciplinary action when students are found to be in violation of this policy.

ARLINGTON PUBLIC SCHOOLS

25-3 Support for Students-Wellness

Arlington Public Schools staff and students will be asked to utilize safe, personal hygiene and cleanliness practices to reduce the spread of bacteria and viruses. Students and staff shall have access to hand washing and/or sanitizing prior to dining and after the use of restrooms.

ARLINGTON PUBLIC SCHOOLS

25-3.4 FOOD ALLERGIES AND OTHER AGENTS

School staff shall adhere to the established procedures promulgated by the Superintendent for the for Management of Students with Severe Allergies in the event that a student has a severe or life threatening allergic reaction to certain foods or other agents. Each student with a severe or life threatening allergic reaction shall have a medical plan developed by school health staff, school administrator or designee, parents, and relevant school staff. The plan shall be based on physician orders for the management of food allergies or agents.

School based practices and protocols must be consistent with Arlington County public health policy and procedures for handling severe allergies. In accordance with the Codes of Virginia Va. Code § 22.1-274.2 and § 54.1-3408, APS school based staff will stock non Student-specific Epi Pens and be trained in their use.

CHALLENGES AND OPPORTUNITIES WITH FULL IMPLEMENTATION OF POLICIES

1) Handwashing policy

- challenge is having enough sinks for the kids to wash their hands during the day
- Implementing appropriate soap/sanitizer purchasing at the beginning of the year
- Some schools are ordering trough sinks to handle the numbers of kids coming in from recess to lunch

2) **Severe allergy guidelines:** *Management and Support of Students With Severe Allergies in Arlington Public Schools*

- Challenge making sure schools/staff are aware of the new guidelines

Opportunity: Prevention of illness and allergy attacks

Goal: Systematically inform schools of policies, PIPS and guidelines, and implement them

SHAB VISION FOR THE FUTURE

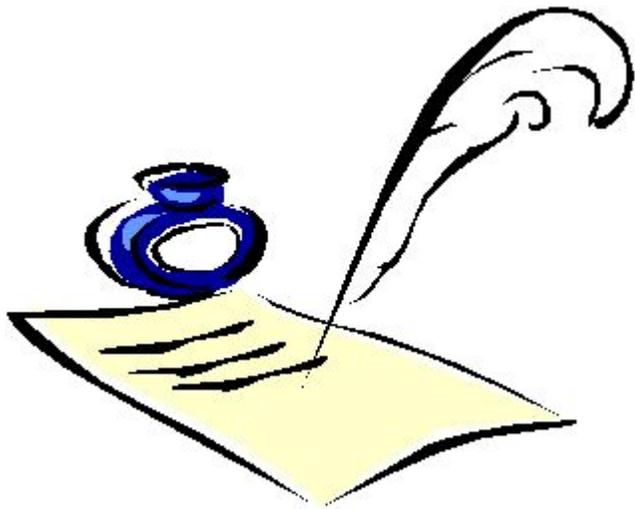
To achieve a culture of whole health in our schools with policies, systems and structures to support the health of all our students.

SPREADING BEST PRACTICES TO ALL OUR SCHOOLS

1) The Board suggested last year the idea of putting a SHAB liaison at every school

2) We would like to explore with you what that might look like

3) We will bring a proposal forward to you, but are also open to guidance



BURNING ISSUES FOR THIS YEAR

- 1) Establishing a liaison role at each school for SHAB who addresses the Whole Child**
- 2) Restoring nurse positions to our schools that were lost and ensuring access to a psychologist and social worker at every school**
- 3) Researching environmental issues – trailers, and bus and car idling**
- 4) Advancing the School Health Index at more schools**
- 5) Examining recess and if it's being withheld**
- 6) Expanding the use of non-food treats for school celebrations**
- 7) Growing the participation rates for school breakfast**
- 8) Educating about the importance of our students getting adequate sleep**

QUESTIONS?