

**Alexandria City Public Schools  
SCHOOL HEALTH ADVISORY BOARD  
MINUTES**

**May 10, 2018 4:00 – 5:30 PM**

**Location: Inova Alexandria Short Stay Surgery Conference Room**

**I. Call to Order**

Called to order at 4:05.

**Members Present:** Deborah Bowers, Freddi Brubaker, Robyn Douglas, Karen Hill, Michael Humphreys, Rachel Mendelson, Vivek Sinha, Brooke Syndor, and Barbara Nowak.

**II. Approval of Meeting Agenda and Minutes**

A quorum was not present.

**III. Communications and Addresses to the Advisory Committee**

- There were no community members at the meeting.
- Barbara Nowak informed the committee that an incidence of TB was reported at Patrick Henry Elementary School and ACPS will work collaboratively with the AHD to ensure all students and staff potential exposed to the individual will be tested and treated, if needed.

**IV. Old Business and Action Items**

- **Medication Policy** - Barbara Nowak reported that after review of the Virginia Nurse Practice Act and several discussions concerning standing orders with Dr. Sinha, the only symptom requiring over-the-counter pain relief medication that would have a minimum of differential diagnoses was dysmenorrhea. Other symptoms like fever and pain could be a sign of a serious condition and giving medications could mask the symptom delaying diagnosis. There is also the concern that providing medication does not teach good health habits to our students, I.e. treat the cause of headache: hydration, nutrition, and sleep vs. medication.
- **Mandatory Flu Vaccine** - Barbara Nowak reported her findings on mandatory flu vaccinations for staff. She consulted with VDOE and ACPS HR. Both organizations said this was not a feasible plan. ACPS will continue to encourage flu vaccinations by providing free vaccines at the school for employees in the fall.

## V. New Business and Reports

- **BMI Report** - Dr. Singh gave the BMI report. Ninety-nine percent of kindergarteners were reported. The data are similar to previous four years. Cora Kelly and Patrick Henry have the highest percentage of overweight and obese students. The Hispanic ethnic group has the largest percentage of obese students. The report demonstrates a correlational between poverty and obesity. Dr. Singh reported that Melissa Arons, the author of the report, is asking for review and edits to be sent electronically to Charles Sumpter. She would like to have the final edits by 5/23.
- **AHD's Health Disparities Dashboard** - Dr. Singh demonstrated the new dashboard. Health equities can be determined by delving deeper into the data on the dashboard and investigating information by ethnicities, races, and sex. Dr. Singh demonstrated how to operate the website, review data, create a report, and move the data toward action.
- **Physical Education and Family Life Curriculum** - Mike Humphreys reported on ACPS's plan to implement researched, best practice standards for physical activity and the family life curriculum. For PE: Data from the pre and post fitness scores are being sent home to parents using Wellnet software. For Family Life Education Curriculum:
  - ◆ **Elementary and Middle School** – Two models are used. Best practice is for classroom teachers to present the material in small class settings. Some schools are using best practice standards and others assign the FLE to the PE teachers. The PE teachers are taking time away from activity and pick the top 8 – 10 most important lessons that can be presented in 45 minute sessions. Some PE classes are large groups, over 90 students, which does not fit the best practice standard. FLE is based on the new curriculum that was developed to meet SOL standards. State guidance is very nebulous. Last year SHAB worked to approve the new curriculum. There has been less than full fidelity in FLE implementation for this school year. The VDOE recommends all teachers be trained before presenting the FLE curriculum and ACPS has changed their position to align with the VDOE directive. Despite these changes there is inconsistency teacher training.
  - ◆ **High School** - The School Board changed the requirement from FLE training required for all freshman students to an elective. This has changed the course to an opt-in rather than opt-out, thus reducing attendance in the course.
- **Teen Well ness Center** - Deborah reported for the Teen Wellness Center and announced an Open House Event at the TWC on Thursday, June 7 at 4:30.
- **School Health Report** - Barbara Nowak deferred the report on School Health until the next meeting due to her involvement with the TB incident at PHES.

## **IX. Future Business**

- SHAB elections for chairman
- Recommendations for added health related KPIs for the strategic plan going beyond 2020
- Compilation of the End of Year Report.
- Development of the Scope of Work for 2018-2019

## **X. Adjournment**

The meeting adjourned at 5:55 PM