

**School Health Advisory Committee Meeting Summary
American Lung Association of Florida
March 8, 2012**

TOPIC	DISCUSSION	ACTION
Welcome/Introductions	Dr. Clayton welcomed everyone and members introduced themselves.	
Approval of Agenda	Agenda was approved following motion by Cathy Burns, seconded by Dr. Mike Feinstein.	Approval of agenda
Summary – February 9, 2012	Eloise Peoples, the note taker for that meeting is on annual leave and the Summary has not been completed. Will review at the next meeting.	February and March summaries will be reviewed at the April 12 meeting
Old Business	<p>Mental Health Committee – Dr. Fishbane No update; the committee canceled the meeting considering that the chair and other key members could not attend.</p> <p>Wellness Promotion Task Force – Paula Triana Next meeting is scheduled on Wednesday, April 4, 2012 from 8:30 a.m. – 11:00 a.m. Two more meetings before the end of the school year (April 4th and May 10th). Paula informed that she was in Washington D.C. to attend the School Nutrition Association Legislative Action Conference (SNA-LAC). Members of Congress were supportive to the legislative issues presented to them. Met with Congressmen: Tom Rooney, Ted Deutch, Allen West, and Alcee Hastings and/or their aides. <u>Nutrition Standards:</u> Most school districts support the increased inclusion of fruits, vegetables and whole grains, as well as the limitation of sodium, saturated fat and trans fats. However; other school districts feel that the Nutrition Standards set out by the final ruling are both too stringent and impractical. Breakfast has been recognized as the most important meal of the day but it is not supported with USDA Foods such as breakfast commodities. Therefore, as part of the 2012 Farm Bill, SNA is requesting 10 cents per breakfast in USDA commodities to support and enhance school breakfast programs. This will be at a cost of \$200 million/year if passed. May 10th - Wellness Promotion Task Force meeting will focus on mental health. This meeting is scheduled from 3:30 p.m. – 6:00 p.m. to facilitate the attendance of teachers, students, and parents.</p> <p><u>In Addition</u> - Dr. Clayton informed that she also went to Washington D.C. and that legislation to regulate Competitive Foods in all K-12 schools was passed and it will take about a year to be effective. The bill would require that school vending machines provide only healthful alternatives.</p> <p>Bylaws Committee – Eric Stern There is no update.</p> <p>Health Education – Eric Stern</p>	

	Presentation	
<p>New Business</p>	<p>Panel Discussion on Health Education.</p> <p><u>Eric Stern</u> – Intent is to bring healthier living to Palm Beach County starting with the children. Purpose of the presentation is to establish what comprehensive health education should be. <u>Brief history.</u> High School Graduation Requirements: The state requires students to complete a 1.0 credit personal wellness course, chosen by the school: Personal Fitness or HOPE (Health Opportunities through Physical Education). The state permits school districts or schools to allow students to substitute interscholastic sports, community sports, marching band, or dance for their required physical education credit. Florida Statutes and the Sunshine State Standards provide the foundation for health education. Health education is required to be taught but it is not a requirement for graduation. It was eliminated in 2007. It has not been reinstated because of the fiscal impact..</p> <p><u>Anne Hedges</u> – The roles of the school nurses have changed; education by nurses is done more on individual basis for health issues. The nurses provide services to children with chronic or acute diseases like asthma, diabetes. The nurses teach health education in anatomy and physiology, influenza, physical health exercise, eat healthy, etc. Nurses do bulletin boards about health issues. The nurses publish newsletters – will address bike safety and wearing helmets.</p> <p><u>Cathy Burns</u> – Discussed health education for children, parents, and teachers/staff. She is the facilitator for individuals to provide services to the School District. Does liaison work with the health department and health care district, for example, in pandemic, influenza, and animal prevention bite. Another important aspect of health education is the on-line training programs for the staff. In addition, she works training nurses about handling students on complicated health issues. So far, over 1000 staff has received training on health education.</p> <p><u>Pete Stewart</u>, Health Education Specialist K-12 Curriculum <u>Dani Fitzgerald</u>, CDC Program Planner, K-12 Curriculum The Human Growth and Development Curriculum includes components that cover from K to 9th grade. The subjects in this curriculum are incorporated in other classes. <u>Grades-K-3</u> It includes topics such as wellness, character education, and safety. <u>Grades 4-5</u> It includes topics on self-esteem, decision-making, goal setting, puberty, and internet safety. <u>Grades 6-9</u> The program includes information on self-esteem, responsible decision-making, puberty, male-and female reproductive systems, refusal skills, and age-appropriate information about STD's, disease prevention, and contraception.</p>	<p>Anne Hedges offered to put together a document in the nurses roles according to the school</p>

Grades 7-12

The health education curriculum shall include a teen dating violence and abuse, the characteristics of healthy relationships, measures to prevent and stop dating violence and abuse, and community resources available to victims of dating violence and abuse.

The character-development curriculum stress the qualities of patriotism; responsibility; citizenship; kindness; respect for authority, life, liberty, and personal property; honesty; charity; self-control; racial, ethnic, and religious tolerance; and cooperation.

In addition to this curriculum, the Youth Risk Behavior Survey is conducted every 2 years.

Next survey will be done in Spring of 2013.

They also supplement the curriculum by having speakers come into the schools to talk about issues like tobacco use, asthma, breast cancer, dental hygiene, etc.

Kim Williams, Assistant Director, Homeless Liaison, Foster Care Liaison– Student Intervention Services supports programs and initiatives that prevent violence in and around schools; prevents the illegal use of alcohol, tobacco and other drugs; involves parents and communities; teaches Character Education; coordinates with federal, state, school and community efforts; works to address problems often faced by homeless children and youth in enrolling, attending, and succeeding in school.

Project Smart – Supporting schools and communities to help teens make alcohol-free choices. This project just ended and was very successful. One of the activities from this project was the bus poster contest which was about creating alcohol prevention posters. This year, 67 schools participated, that is, a 60% increase in the participation of schools in this contest.

SADD - A peer-to-peer education, prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide. This program is no longer funded through the School District.

Ethics Movement - The District adopted the Six Pillars of Character. These pillars are: Trustworthiness, Respect, Responsibility, Caring, Fairness and Citizenship.

Face It - Empowering families to help their teens make healthy, drug-free decisions. Educational substance abuse prevention and early intervention program for middle and high school youth and their parents or caregivers. It is an alternative to suspension program for middle and high school students who are suspended for alcohol, tobacco, or other drug (ATOD) offenses. This program ends today.

Tobacco Prevention - S.W.A.T. Clubs These are school-based student led clubs to educate and empower youth to resist the deceitful marketing and manipulation of the tobacco industry. There is tobacco on-line course. The tobacco prevention program reached about 2500 students last year.

In comparison to other states, we are below the average on the physical education requirements in schools.

Last year the school district received funding supporting access to the *HealthTeacher* curriculum from Barbara and Jack Nicklaus Children’s Health Care Foundation which is dedicated to supporting the health, safety and well-being of children in our local community.

	<p>Open-Forum Discussion: <u>American Lung Association:</u> Presentations in the schools about the use of marijuana with a scientifically based approach. Lee Keller is a very good resource for health education issues and The American Lung Association's created a video on asthma aimed at non-medical personnel, like teachers, coaches, school bus drivers, parents, students, etc. on how to manage asthma when they encounter children with asthma. They are holding town hall meetings to discuss tobacco use prevention.</p> <p>Question: What is the Florida Statute that relates to the health education? Answer: Florida State Statute 1003.43 (1)(i) - General Requirements for High School Graduation</p> <p>Question: Where can we advocate more efficiently for health education, more specifically, imparting health nutrition education? Answer: The use of the news media to educate parents is a good resource.</p>	
Adjournment	Meeting adjourned at 1:30pm.	

Next meeting April 12, 2012