

What is the Howard County School Health Council?

What does it do?

In Howard County, the School Health Council has been around for more than 20 years. What is it and what does it do?

- It is a **state-mandated** local **advisory** committee to the health department and the school system.
- It is led by members from the community.
- It reports each year to the Superintendent, the Health Officer, the Board of Health, and the Board of Education.
- It has members from the school system, health department, parent/teacher council, and community.
- It advocates on a broad system level for healthy, well, fit, and safe youth who are in turn able to learn.
- It acts collectively to (a) identify needs, (b) review programs and policies, and (c) generate recommendations.
- It provides a forum for the community to learn about school health and wellness initiatives and provide input.
- It provides annual feedback to the Board of Education on the implementation of Wellness Policy 9090.
- It obtains grant funding to support community/student health improvement goals (e.g., better access to care).

What are the New Mandated Changes under Wellness Policy 9090?

What are the next steps?

Mandated Changes in Policy 9090 (Effective July 1, 2014)	Next Steps at Individual Schools (2014-2015)
<ul style="list-style-type: none"> ✓ New health and nutrition standards, including in nutrition education within health education curriculum ✓ New physical education standards, including a curriculum in compliance with state and federal law ✓ New physical activity standards, including new opportunities for physical activity throughout the day ✓ New nutrition services standards, including new universal breakfast offer and requirement to meet IOM* standards ✓ New staff health and wellness standards, including more opportunities for staff to improve their health ✓ New oversight, monitoring, evaluation duties, including a new process to be established by the Superintendent or her Designee to gather feedback from individual schools, community partners, students, and parents on the implementation of the policy 	<p>Every year, starting in 2014, all school principals must:</p> <ol style="list-style-type: none"> 1. Form a School Wellness Team of parents, teachers, nurses, students, others with interest 2. Establish a process to identify members of the team 3. Designate a school employee as the School Wellness Champion <p><i>Existing resources on which each school can possibly build to meet these new requirements include:</i></p> <ol style="list-style-type: none"> 1) An already appointed Staff Wellness Champion 2) An identified Healthy Schools Contact 3) Other health and/or wellness initiatives with engaged members

* IOM: Institute of Medicine, a non-profit, non-governmental organization founded in 1970 to provide information and advice concerning health and science policy