

HC-SHC, General Meeting Minutes, Wednesday February 3, 2016

Attendees: Jacob Lampf, Alvaro Ortiz, Debi Lattimer, Caroline Rothfield, Andrea LeWinter, Deb Jung, Stu Eidel, Diana Rubio, Anna Selbrede, Russell Lewis Jr., Morgan Risley, Eileen Singleton, Sharon Hobson, Linda Rangos, Janet Munro, Anne Markus.

- I. Opened the meeting at 7:05pm
- II. Skipped Minute Taker assignment – Anne Markus is the minute taker
- III. Skipped Review of Ground Rules
- IV. and V.
Review of drafts for both agenda and minutes together. One correction in the minutes under Section VIII from Deb Jung. Motion to approve both with the correction. Agenda and minutes approved unanimously.
- V. **Maryland Wellness Policies & Practices Project (MWPPP) – Feedback Session.** Diana Rubio from University of Maryland provided background on the project. Stu Eidel, MSDE, and Diana provided a handout, available on the password protected page of howardcountyschoolhealthcouncil.com. Proposed rule from USDA came out in 2014 and is expected to be final in April 2016.
 - a. *Results on implementation of Wellness Policy in Howard County:*
 - i. HoCo is one of 6 counties that have revised their policies since the first evaluation. In all policy sections, the scores increased for both comprehensiveness and strength in all 6 counties.
 - ii. Used revised tool, which added measures. Not all items are mandated.
 - iii. Survey of implementation of the policy at the school level included same questions and new questions that match proposed rule. Response rate was 40% of HoCo schools in first round and 55% in more recent round.
 1. Awareness of SHC jumped from 66% to 85% and all other measures improved.
 2. Communication is improving and that needs to be kept up.
 3. Questions were fielded from the Council: 1) response rate, how to improve that? 2) same respondents between the two time periods? 3) how much learning from taking the first survey? 4) measure of public updates?
 4. Recess as a punitive measure was reported as being used at one elementary school, which is against policy 9090 and contradicts presented findings.
 5. How much pressure was put on HCPSS to require principals to fill out the survey? Was the local superintendent contacted other than by a letter? Meeting with all of the Superintendents, including Dr. Foose, was scheduled with the State Superintendent in Annapolis but the State Superintendent resigned on that day.
 6. Who is the champion? What is the role of the Horizon Foundation? The foundation has a focus on obesity and bans on sugary drinks and was heavily involved in the revision and adoption of 9090 last time. Currently, the foundation is more involved in the way of providing grants to the school system to evaluate interventions that target school with high prevalences of BMI.
 7. We summarize SAT scores and it is useful to the community. Can we publicize this information in the same way? Stu stated that the goal is not to grade counties but to provide information so that decisions about it can be made.
 8. Increase in school-based wellness teams up to 94%. The SHC reacted and provided some caveats. It was countered that the survey is not about staff wellness team.

9. One school had a family fit night. About 400 families came. Zumba and kickboxing was offered. Northfield elementary school.
10. One finding supports an effort to encourage the school system to invest in wellness activities since percentage of schools reporting availability of funds declined to 36%.
11. The Council discussed the findings on monitoring and the role of Healthy Howard.
12. Any questions about the attitudes toward nutrition and physical activity? The wellness sub-committee did in its assessment last year and there is high variation on views on those issues.
13. Only 5 high schools responded. If more had responded the percentages would look different on the new questions, such as using sweets as rewards.
14. There are many areas of success and few areas for improvement. Integration of nutrition and physical activity into the School Improvement Plan is not part of a school system requirement. Each SIP should be public record and made available on individual school websites. If this integration happened it would create more accountability.
15. Stress and mental health, other policies and health issues could be additional emphases for future questionnaires.
16. MSDE is implementing a wellness champion intervention in some counties: 1) wellness champion – paid and trained 2) wellness champion – with technical assistance alone or 3) nothing. Pilot study already began in 5 schools. It is a USDA grant. Policy 9090 provisions were reviewed. The federal 2005 law was also reviewed. It is an unfunded mandate. It is up for reauthorization.

b. *Debrief:*

- i. Interview some of the schools - This was done last year.
- ii. Relatively poor response rate and improved strength and comprehensiveness – Consensus there.
- iii. It “glorified a policy that is still shrouded in controversy” - Jacob Lampf
- iv. Tool kit for a wellness champion that provides a list of criteria with a checklist to compare apples to apples plus a directory of all champions. Then someone could train and have the reporting get done and compiled in a general report.
- v. Should we testify in front of the board? We just heard from the MWPPP.
- vi. It is a joke. There is nothing standardized. We need another approach. A grant or a compendium of funds from various sources would be a good option to support and revive Healthy Howard or some program like that.

VI. **Later Start Time – Update.** At the state level Deb testified in front of the State Senate Education and Health Committee on The Orange Ribbon Bill, legislation that will award school districts an Orange Ribbon if they start schools after 8am. Unanimous support in House but lost in the committee last year. A couple of senators could use a letter: Joan Conway; Paul Pinsky; Gail Bates. Go to the Later Start Time on Facebook for more information. If it goes through this committee, it probably will pass the Senate. Sample emails are available on Facebook. As far as HoCo, things are opaque. Frank Eastham responded a couple of times but has stopped more recently. A couple of BoE members are waiting until the election (3 are up – Janet Siddiqui, Ann DeLacy, Ellen Flynn Giles). Additional parents from Wilde Lake including Christina Delmont-Small, Robert Miller are running. PTACHC also talked about this issue. Approach BoE members and ask them how they feel about later school time.

VII. Adjourned at 9:10pm