

**Howard County School Health Council
General Meeting of the Full Council
December 2, 2015
DRAFT OF MINUTES**

I. Welcome and Introductions

Attendees: Anne Markus, Morgan Risley, Debi Lattimer, Jackie Douge, Linda Rangos, Janet Munro, Kerrie Wagaman, Jacob Lampf, Deb Jung, Eileen Singleton, Don Disney, Alvaro Ortiz, Ekere Olojola, Coco Luo, Frank Eastham

II. Designation of Minute Taker

Volunteer to help with minutes during meetings requested.
Deborah Lattimer agreed to take minutes for tonight's meeting.

III. Review of Ground Rules

Item was skipped.

IV. Approval of Agenda

Approved unanimously

V. Approval of October Meeting Minutes

Approved unanimously

VI. Summary of Top Priorities for SY 2015-2016

- Website – howardcountyschoolhealthcouncil.com
The page "Meeting Materials" was created and password protected, for upcoming meetings. Materials will be posted a week ahead of meetings. The password is: 12022015.
- Anne summarized the results of her poll re: what the SHC should focus on during this coming school year. All the poll results will be posted on the website.
 - There were 43 responses out of 68 invitations (approximately 60% response rate).
 - 35% listed school start times as their first priority.
 - 37% listed Policy 9090 as their second priority. Specifically: strengthening the Wellness Teams/Champions, along with recess & physical activity.

VII. Wellness Policy 9090

- Anne and Stacey Bell, Chair of the Wellness Sub-committee, presented the key findings from the Wellness Sub-committee to the Board of Education on October 20, 2015 at a community meeting, and they were well-received. The Sub-committee formally recommended that a Coordinator be designated by HCPSS in Central Office to be in charge of implementing and evaluating the policy.
- Anne, Don Disney, & Stacie Bell met with Grace Chesney and her team (and Frank Eastham) on November 24, 2015 to further discuss this recommendation. Grace and Frank cited the Fitness Gram results (BMIs) and the Rudd Center evaluation as being a means of evaluating the policy. Grace indicated that these evaluations are available on line. Anne discussed possible next steps for the SHC, including submitting a Resolution to the School Board, as per Don Disney's recommendation. This would not be binding or legal, but would be on the public record, and read at the Board of Ed. meeting.

- In order to strengthen the Wellness Teams at each school, we would need a list of the characteristics of effective teams. There is a need for a comprehensive list of champions, with a link, on individual school websites. The SHC discussed the pros and cons of providing extra money for Champions, as an incentive. Options discussed included \$1,200 stipends, or continuing credit for teachers. Don Disney talked about the education process of getting schools to understand the Wellness Policy, and the need for an effective reporting tool to allow the school system and SHC to collect data. October is the deadline for school budget considerations.

VIII. Later Start Time (see attachments #1 & 2)

Deb Young, Co-Chair of the HoCo Chapter for "Later Start Time"

- The movement started in Ann Arundel Co. The American Academy of Pediatrics has stated that no high school should start before 8:30 am. Montgomery Co. has decided to start schools 20 minutes later. Prince George's County allows schools to choose times and families to choose their schools. Baltimore is considering adopting a hybrid model—some starting early and others later. Ann Arundel has the earliest start time of 7:17 am. Seattle just voted in favor of a later start time. Fairfax Co. elected BoE representatives who support an 8:10 am start time for high schools.

Frank Eastham, Executive Director, School Improvement and Administration

- The school system is in the middle of a 5-phase review. The review started 2 years ago. Phase 2 was the formation of the Charter Committee. Mark Donovan, a Co-Chair of "Later Start Time," was a member of it. Tiered busing schedules save a lot of money. Some school districts switched elementary and high school start times. One problem with this is that adolescents are in Middle School too--and their start time would not change. The committee looked at the research and Montgomery Co. also did a thorough review. Phase 3 was the recently completed survey of HoCo residents and staff. Phase 4 is when the cost and impact factors are considered.
- Four models were developed and presented to the Board of Ed., with the focus on the strengths, impact, and cost. These will be on the SHC "board docs" page. However, the school board tabled the issue. A new model may be proposed. The next step will be to take the models that the school board approves to the community for feedback on the pros and cons. The transportation department would then develop a plan. The lowest cost change would be 4 million and the highest was 936 million dollars.

IX. Public Input

- The SHC discussed the information presented by Deb and Don at length. Don suggested that it might be beneficial to send a team to a comparable county that has successfully implemented later high school start times.

X. Adjourn Meeting

Meeting was adjourned at 9:05pm.