

## School Health Advisory Committee December 11, 2024

Present Voting Members	Absent Voting Members	Present Non-Voting Members	Absent Non-Voting Members
<ul style="list-style-type: none"> <li>• Ailani, Jessica</li> <li>• Goldel, Robert</li> <li>• Hochstrasser, Brian</li> <li>• McAvoy, Keena</li> <li>• Mladenovic, Marija</li> <li>• Moyer, Katie</li> <li>• Peterson, Jessica</li> <li>• Rogers Kirby, Mary</li> <li>• Royal, Liz</li> <li>• Shirley, Cara</li> <li>• Silvia-Torma, Brenda</li> <li>• Smith, Ann Manderfield</li> <li>• Steiner, Jen</li> <li>• Yergin-Doniger, Ilana</li> </ul>	<ul style="list-style-type: none"> <li>• Behar, Dave</li> <li>• Fernandez, Kelly</li> <li>• Greata, Kevin</li> <li>• Han, Luke</li> <li>• Hughes, Alyssa</li> <li>• Nguyen, Tuc</li> <li>• Ueng, Li-Hui</li> </ul>	<ul style="list-style-type: none"> <li>• Demers, Bethany</li> <li>• Edmunds-Heard, Terri</li> <li>• Skurpski, Lea</li> </ul>	<ul style="list-style-type: none"> <li>• Hanson, Saray</li> <li>• Lady, Robyn</li> <li>• Reynolds, Carrie</li> </ul>

**Call to Order meeting called to order by:**

Meeting called to order by Keena McAvoy at 7:02pm.

**Public Comment**

No public comment this evening.

**Approval of November minutes.**

Motion to approve November minutes made by Jen Steiner. Seconded by Ilana. Unanimously approved.

**FCPS Updates**

Lea Skurpski shared the following FCPS updates. The next FCPS Wellness newsletter is scheduled to be published during the week of January 13. Representation from SHAC will be requested to support the Family Summit Steering Committee. More information is forthcoming when additional information is received.

**Committee Discussion**

Brenda Silvia-Torma: Volunteered to take notes for the January 2025 meeting.

Keena McAvoy: Briefly reviewed youth mental-health information in the US. Governor's Executive Order 43 was shared. See presentation. The FCPS Digital webpage was reviewed. Keena also shared that there were some broken links and information on the webpage that needs to be updated. It was shared that the information seemed to be overwhelming, and the group discussed how the information may be revised and shared in a way that is more digestible.

### **Sleep Health and Technology Discussion (through the lens of communication and engagement with students, staff and families)**

The following articles were reviewed by the committee prior to the meeting and focused on during tonight's discussion:

- [What We Know About Screens and Sleep Disruption](#)
- [How Sleep Deprivation Affects Mental Health](#)
- [Sleep Education in Schools](#)
- [Screen Media Use and Mental Health of Children and Adolescents](#)
- [Screen Use in 9 & 10 year olds Elevates Risk of Depression, Anxiety](#)
- [The Impact of Social Media on Youth Mental Health](#)
- [Growing Up in a False Reality](#)

Keena: The committee discussed developing intentional communications and a communication plan around the importance of self-help. It would be a cultural shift to think about these communications.

Katie: Discussed the development of a communication plan with the Office of Communications (OC) that provides ongoing information about wellness and brain health, tech, sleep, etc. to students, staff and families.

Lea: Shared that OC develops communication tool kits for schools to help support division communications/prioritizations in all schools and division messaging.

Jen: How can wellness activities be integrated into different activities that are happening at schools, such as back to school nights, Fall Festivals, hosting screen free events etc.)?

Jessica: What information should be shared and how should it be shared outside of what already exists? Trend in the discussion of the committee is the need to share information with parents. How do we build relationships with families in which families relate to the schools. Families are not always reading all the information that is being communicated.

Brian: Sleep awareness week occurs March. Maybe the committee could push out information and send out during that week? SHAC could recommend that we focus on this in schools during that week moving forward.

Lea: The committee also needs to think about how to get connected to not only those families that are consistently coming to school events, but also to those that do not regularly attend as they may need more support for engagement and to receive information. A previous presenter in one of the SHAC meetings was on the Today show earlier this year to discuss the overuse of technology in children and adolescents, as well as how parents are observing signs of withdrawal when families try to decrease the use of technology for their children. Does the committee need to think about how to provide families with information to support them in how they would help change and manage behavior?

Bethany: The committee could consider sharing high leverage strategies/practices for families in changing these behaviors. SHAC could recommend that we focus on these in our communication plan/campaign and consistently in all schools.

Robert: Recommend including how use of devices affects sleep and how sleep affects self-regulation and focus. Also recommend highlighting the physiological stress due to lack of sleep.

Mary: Family Resource Center. What are they doing to get this information out to families?

Marija: Suggests targeting communication in early grades and recommends testing how kids learn to provide better, more meaningful communication to families.

Keena: Shared there are great digital resources available through the Family Resource Center. Now, we need to consider how to get this information out to the community in a more effective way. Access numbers to these resources are low for such a large division. Consider leveraging back to school nights that have high engagement.

Brenda: consider having FCPS host a health and fitness expo that would include booths on sleep and nutrition.

**FCPS Cell Phone Policy Discussion:** SHAC would like to consider our position as a committee on the current cell phone policy in the context of new VDOE recommendations. The committee also discussed submitting a letter of support to the SB.

The following resources were reviewed prior to this evening's meeting to inform discussions:

- [FCPS Cell Phone Policy](#)
- [FCPS Cell Phone Pilot](#)
- [FCPS Reviewing VDOE Cell Phone Guidance](#)
- [VDOE cell phone final guidance](#)
- [Surgeon General - Social Media Needs Warning Labels](#)
- [VDOE Cell Phone Guidance](#)
- [Why Do Parents Oppose Cell Phone Bans?](#)
- [Commentary: Phone Free Schools Protect Kids in an Emergency](#)
- [Going Phone Free At School? A Resource for Parents and Schools](#)
- [The Case for Phone Free Schools](#)
- [The Mere Presence of a Smartphone Reduces Cognitive Capacity](#)
- [Phones In Schools Are Even Worse than We Thought](#)
- [Football Team Follows Away for the Day](#)

Brenda: There should be strategies for enforcing compliance with cell phone policies. These should be clearly outlined processes/follow up in how this should be addressed.

Cara: Parents buy in is currently a big issue that we are seeing in schools currently. If parents are not supportive, we are not making progress. Kids are very savvy with the use of technology. They are using their chrome books to chat when they don't have cell phones to replace the technology that has been removed.

Keena: Shared there is an over presence of technology in our schools.

Ilana: Shared there is ability for teachers to lock screens so kids can't access.

Cara: Shared that students have quickly found a way to get around the enforcement mechanism, Lightspeed.

Keena: There are issues with enforcement, even when there are consequences. School administrators are not always being supportive of removing technology.

Robert: Some wearable technology can be used for good, including steps, monitoring stress, etc. How have cell phones become an ongoing part of the student's day?

Keena: Does anyone have any concerns about SHAC putting together a letter of support to the SB on the FCPS Cell Phone policy? No concerns were shared. Keena shared rationale with the group for making recommendations regarding limitations to cell phone use.

Robert: What is the seed we want to plant regarding what we would recommend instead (e.g. dumb phones, smart watches)?

Keena/Katie: Shared that they would recommend that we write a letter in support of the new VDOE guidance.

Jen: Asked if we needed a motion to draft the letter.

Brenda: Motion to begin drafting a letter of support. Robert seconded the motion. The motion was unanimously approved.

Katie: Reinforced committee participation. Reminded the group to raise their hands. Also asked during in person meetings that everyone up their card tent to indicate they want to speak during meetings.

Keena: Our January presentation will be informative. Shared that it is sometimes difficult to be in contact with your School Board member and shared that it will be important to keep in contact with them, especially as we develop and submit our letter of support for the cell phone policy.

Robert: How can we get better data from Youth Survey around the intersection between sleep, mental health and technology? How do we get follow on analytics for the Youth Survey?

Bethany: Asked Robert to clarify what data he is asking for and she will move it forward.

Robert: What data sets we would like to dive in on? Asked members to make a motion at the next meeting as a committee to request data we want to request.

Bethany: Share the request needs to be aligned to the committee charge.

Robert: Sleep, mental health and technology. He wants to make sure the committee's thoughts as a whole are being reflected, not his own and would like to discuss further at next meeting.

Jessica: What is the timeline for crafting end of year recommendations?

Lea: Shared the committee should have a drafted report by the April meeting for the committee to review and offer feedback. The committee will need to review final report and vote on/approved during the final May meeting.

Jessica: The committee will need time to do research, review and develop recommendations. She indicated that we should begin developing recommendations in either January or February, so we have time.

Keena: She and Katie will begin to put together some ideas to be shared with the group. They asked that anyone that had recommendations to please share with them so that they can get them the agenda and encouraged the group to feel empowered to bring forward their ideas.

Robert: It is in our charge to propose pilots. This would be a way to see if things would be able to take off and fly.

**Motion to adjourn:** Brenda Silvia-Torma **Seconded:** Keena McAvoy

**Vote:** Unanimously approved.

**Meeting adjourned:** 8:56pm

Handout: PPT from Keena McAvoy