



## Maryland State School Health Council: Executive Board 9/20/23

**Date:** 9/20/23

**Time:** 3:30pm-4:30pm

**Location:** Zoom

### MEETING MINUTES

#### I. Introductions

#### II. 2023 Summer Updates

1. New members of the Executive Board and those interested in joining were welcomed! Anyone who is unable to commit to the Executive Board for the 2023-2024 academic year and wishes to be removed from the roster, please notify us by emailing [marylandsshc@gmail.com](mailto:marylandsshc@gmail.com)
2. Call for nominations for Lake Award, which will be announced during the October webinar. Nominations can be made via this form:
  - i. [Dr. Alan Lake Award Nomination Form](#)

#### III. Executive Committee Elections

1. Dawn Berkowitz has stepped down as Vice Chair representing the Maryland Department of Health (Thank you for your service, Dawn!)
2. Jamie Perry was elected to serve as the new vice chair representing MDH. Erin Hager will continue to serve as chair, and Leslie Sessom-Parks (MSDE) will continue to serve as vice chair

#### IV. 2023-2024 Fellow: Nina Carr

1. Nina Carr, a public health graduate student at Johns Hopkins, will be serving as fellow and secretary for the MSSHC during the 2023-2024 academic year
2. In addition to general support of the MSSHC, Nina will be working on two projects:
  - i. Finalizing a report of lessons learned from the 2023 Regional Meetings
  - ii. Conducting research to characterize state school health councils in the United States and their functioning in relation to LSHCs and local wellness policies, with subsequent analysis to support capacity building
    1. Attendees were asked "As a member of our State School Health Council, what information would be useful to know about other state school health councils in the U.S.?" (See Appendix, 1)

**V. Discussion: Next steps to support LSHCs after Regional Meetings**

1. Erin provided a brief review of findings from the Spring 2023 Regional Meetings and solicited engagement on tangible ways that MSSHC can support LSHCs, partner organizations that could support the MSSHC efforts, and potential 2023-2024 webinar topics (See Appendix, 2)

**VI. Discussion: Webinars**

1. The next webinar will be in October, with the date TBD depending upon speaker availability. The current idea for the topic is Why Wellness Policies Matter. Input is welcomed about the topic and who should speak.
2. Ideas were brainstormed for 2023-2024 webinar topics (See Appendix, 3)

**VII. Other Updates/Open Mic**

1. Leslie Sessom-Parks: MSDE is hosting a training on the triennial assessment this Friday, 9/22. If you did not receive the memo and would like to attend, email: [leslie.sessomparks@maryland.gov](mailto:leslie.sessomparks@maryland.gov)

## Appendix

### **1. Responses to “As a member of our State School Health Council, what information would be useful to know about other state school health councils in the U.S.?”**

- *School mental health and where it fits into the bigger picture*
- *How other SHC handle advocacy and what is their authority*
- *Do other states have expected metrics that each local school SHC reports to them for data collection, planning, and reporting to develop recommendations for future initiative/requirements?*
- *How are the state school health councils structured (WSCC, local SHC reps, local school board reps, community orgs, etc.)?*
- *Student representation on the councils. Some of our most successful campaigns came from our student member, who was the Student Member of the Board of Education (SMOB).*

### **2. Remarks from Post-Regional Meeting discussion about (1) tangible ways the MSSHC can support LSHCs and (2) partner organizations that could support the MSSHC efforts (3) potential webinar topics**

- *Tools for equity in wellness*
- *Provide strategies to LSHCs to help them implement LEA policies and also update them where needed based upon school-level needs/experiences*
- *Connecting Wellness Policy and to school improvement plan goals*
- *Overview of everything wellness. It becomes very confusing. There are so many wellness committees and assessments.*
- *Preventing school violence*
  - *Erin mentioned how the WSCC model components can be leveraged to frame ways of addressing various health themes (e.g., mental health)*
- *Support LEAs in not only understanding wellness requirements but best practices; make the case for the values of wellness in school reform efforts*
- *How to be part of the I-MTSS discussions*
- *Tools for equity and community engagement*
- *Tools for community engagement in languages other than English*
- *Guide to state resources that support children (e.g., REM program)*
- *Standardized wellness metrics? Use of School Health Index?*
- *Discussing how other districts are supporting the Kirwin Community Schools*
- *Helping us to explain to the layperson about policies –community members have a lot to say, but don’t always understand what goes into policymaking/budget constraints*
- *Updates about initiatives/resources/legislative changes that will impact health and wellness... [remainder cut off]*
- *Tools for reaching teachers about wellness topics – about the policy itself, how to make changes to align with topics*
- *Helping LEAs develop strategies based on what they discover through Triennial assessment*
- *Rebuilding cohesive teams with new people and post-COVID*
- *Partnering with community partners including MDH, MSDE, Maryland associations. Consider co-sponsoring a regional workshop/conference.*
- *Resources to provide individuals on the local SHCs who are not informed on what the WSCC Model is*

- *Guidance or school community resources addressing school environmental health issues (IAQ,...) [remainder cut off]*
- *Give examples of School Health Councils that are working. Share tools/resources.*
- *Monthly topics top focus on*
- *Examples of how other councils are operating and what they are working on*
- *Since we are in a “rebuilding” phase, what is the ideal size of a Wellness Council? What type of needs assessment is being considered for the focus of the Wellness Council?*
- *Training on trauma informed school practices (in education and for health initiatives)*
- *Tools for assessing and addressing staff burnout*
- *Methods to develop policies or systems that foster a culture of health*
- *How to assess need and take action steps to meet those needs*
- *How they determine their effectiveness*
- *Learn from other states what is working*
- *Exemplar of local wellness teams. How do they function at schools*

### **3. Ideas for 2023-2024 webinar topics**

- *Creating a repository to share materials and resources (e.g., Wellness Wednesday materials)*
- *Preventing staff burnout due to community criticism and strategies to buffer pushback and promote resiliency, such as creating community champions*
- *Health, Wellness and Attendance (lots of attention to Chronic Absenteeism post-pandemic)*
  - *Danielle Dooley at Children's has done a lot of exciting work in this area, partnering with DCPS - <https://www.aap.org/en/news-room/aap-voices/lets-work-with-schools-to-help-address-absenteeism/>*
  - *The National Association of School Nurses has a nice toolkit for addressing chronic absenteeism; we piloted this at 2 Community Schools in MCPS last year. Link to NASN resource is <https://learn.nasn.org/courses/24594>. Free, if you are not a member, you'll need to create an account.*
- *Maybe some lessons about Community Schools for those of us who are new to these programs.*
- *Active transportation, including various perspectives*
  - *Walktober 2023: <https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=136>*