

# Welcome!

## Maryland State School Health Council State-Wide School Wellness Meeting

*Making Wellness Work: The Value of System-  
Level School Health Councils*

August 6<sup>th</sup>, 2019



1<sup>st</sup> Annual

Award for Dedication to  
Wellness Promotion in Schools

1<sup>st</sup> Annual

**Dr. Alan Lake**

Award for Dedication to  
Wellness Promotion in Schools

1<sup>st</sup> Annual

**Dr. Alan Lake**

Award for Dedication to  
Wellness Promotion in Schools

**Presented to:**

**Alan M. Lake, M.D.**

*Keynote Presentation:*

# Advancing Population Health: The Role of Schools

Cheryl De Pinto, MD, MPH, FAAP

*Director, office of Population Health Improvement*

*Maryland Department of Health*



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE

# School Health Council 101

**Erin Hager, PhD**

Associate Professor

University of Maryland School of Medicine

Department of Pediatrics, Growth and Nutrition Division

# Maryland School Wellness Structure



**Maryland State School  
Health Council**



**Local School Health  
Councils  
(24 school systems)**



**School-Based Wellness  
Teams (~1400 schools)**

# Maryland State School Health Council

## A bit of digging... Who are we?

- “formally reorganized in 1966”
- Purpose:
  - “to assist in the development and maintenance of school health programs and promote effective and comprehensive school health programs.
  - “The Council studies, plans, and recommends action aimed at the identification of health needs and remediation of health programs of school age children, and it serves as a forum for the Department of Education and Department of Health, their local counterparts, and other groups concerned with the health of school age children.”

# Maryland State School Health Council

## A bit of digging... Who are we?

- “formally reorganized in 1966”
- Purpose:
  - “to assist in the development and maintenance of school health programs and promote effective and

• **More investigating  
to come!**

for the Department of Education and Department of Health, their local counterparts, and other groups concerned with the health of school age children.”

# Maryland State School Health Council

## Accomplishments: 2018-2019 School Year

- New officers (“Executive Committee”; 3-year term)
  - Chair + Two Vice Chairs (3 individuals representing MSDE, MDH, and outside agency) + secretary/treasurer
- Executive Board Membership
  - 27 members
- 2018-2019 Themes (from 2018 listening tour):  
Legislation, Networking, and Communication

# Maryland State School Health Council

## 1. Legislation:

- Partnership with University of Maryland Carey School of Law
- Weekly legislative updates (during session)
- Support for local school health councils (lunch session today!)

## 2. Networking:

- In-person meeting today!

## 3. Communication

- Bi-monthly webinars

# Maryland State School Health Council

## Webinars:

### October 2018:

1. Health Education (e-cigarettes)

### December 2018:

2. Employee Wellness

### February 2019:

3. Physical Education and Physical Activity

### April 2019:

4. Social & Emotional Climate

### June 2019:

5. Nutrition Environment & Services
6. Family Engagement



# Maryland State School Health Council Goals/Plans: 2019-2020 School Year

- Webinars (bi-monthly; October, December, February, April, June)
- 5 meetings (bi-monthly; opposite months of webinars)
- Executive Board Membership (nominated/invited):
  - Non-profit partners:

Alliance for a Healthier Generation	Action for Healthy Kids
Kaiser Permanente	SHAPE Maryland
  - \*\*Need more Local School Health Council Representation\*\*
- Activities (more to come):
  - Committee: Dr. Alan Lake Award for School Wellness Promotion
  - Focus: How can we support Local School Health Councils?

# Local School Health Councils

- Exist in all 24 school systems
- Must include Local Health Departments

*\*\*No two are the same!*

# Local School Health Councils

- Vary by:

- Name

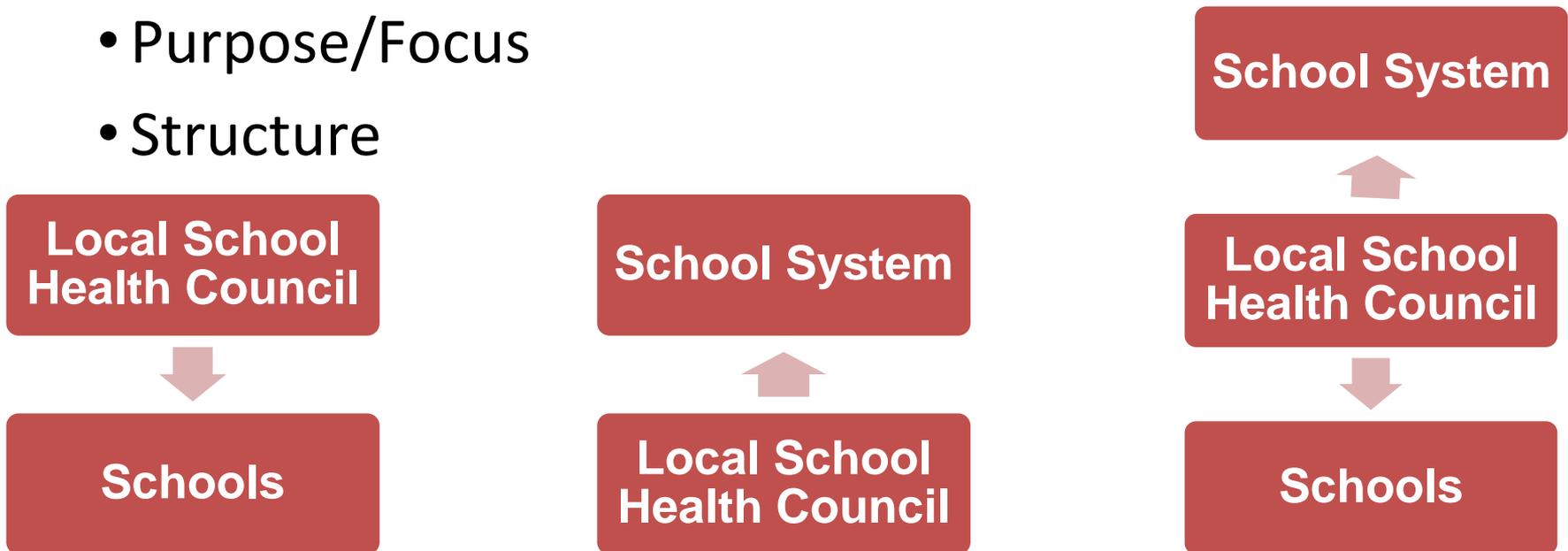
- Membership: numbers, how to join, etc.

- Free-standing vs. Subcommittee

- Purpose/Focus

- Structure

*+ More!*



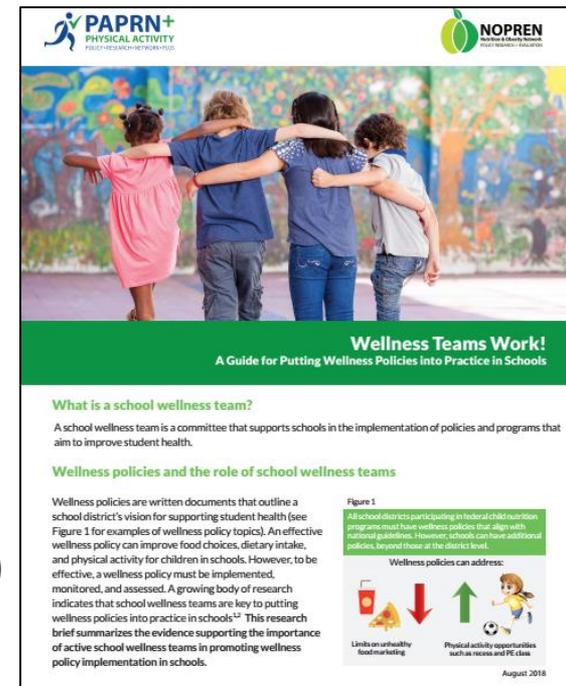
# Local School Health Councils

- Members in attendance: Recommendation for 2019-2020 school year

***Attend a School Health Council Meeting for another School System!***

# Wellness Teams

- Strong scientific evidence: wellness teams support wellness policy implementation
  - Much of this has come from Maryland!
  - Impact on student health and academics- building
- Recommended by federal government agencies and school wellness organizations
- 2016-2017 School Year: 55% of Maryland Schools had a Wellness Team (MD Wellness Policies and Practices Project Survey)
  - 2018-2019 data coming soon!



**Wellness Teams Work!**  
A Guide for Putting Wellness Policies into Practice in Schools

**What is a school wellness team?**  
A school wellness team is a committee that supports schools in the implementation of policies and programs that aim to improve student health.

**Wellness policies and the role of school wellness teams**  
Wellness policies are written documents that outline a school district's vision for supporting student health (see Figure 1 for examples of wellness policy topics). An effective wellness policy can improve food choices, dietary intake, and physical activity for children in schools. However, to be effective, a wellness policy must be implemented, monitored, and assessed. A growing body of research indicates that school wellness teams are key to putting wellness policies into practice in schools<sup>12</sup>. This research brief summarizes the evidence supporting the importance of active school wellness teams in promoting wellness policy implementation in schools.

**Figure 1**  
All school districts participating in federal child nutrition programs must have wellness policies that align with national guidelines. However, schools can have additional policies, beyond those at the district level.

**Wellness policies can address:**

- Limit on unhealthy food marketing
- Physical activity opportunities such as recess and PE class

August 2018

# Summary

- Maryland State School Health Council aims to support local school health councils
- Locals School Health Councils
  - Visit a partner school system's meeting
  - Let us know what we can do to support you!
- School-based wellness teams are a recommended approach to supporting wellness policy implementation

# Thank you!

- Websites:
  - [marylandpublicschools.org/MSSHC](http://marylandpublicschools.org/MSSHC)
  - [marylandschoolwellness.org](http://marylandschoolwellness.org)

# Physical Activity Break

Perri Carroll, MPH and

Joy Lloyd-Montgomery, MPH

*Wellness Specialists, Wellness Champions for Change*

*University of Maryland School of Medicine*

**Panel #1:**  
**Creative Strategies for Funding  
Wellness Champions in Schools**

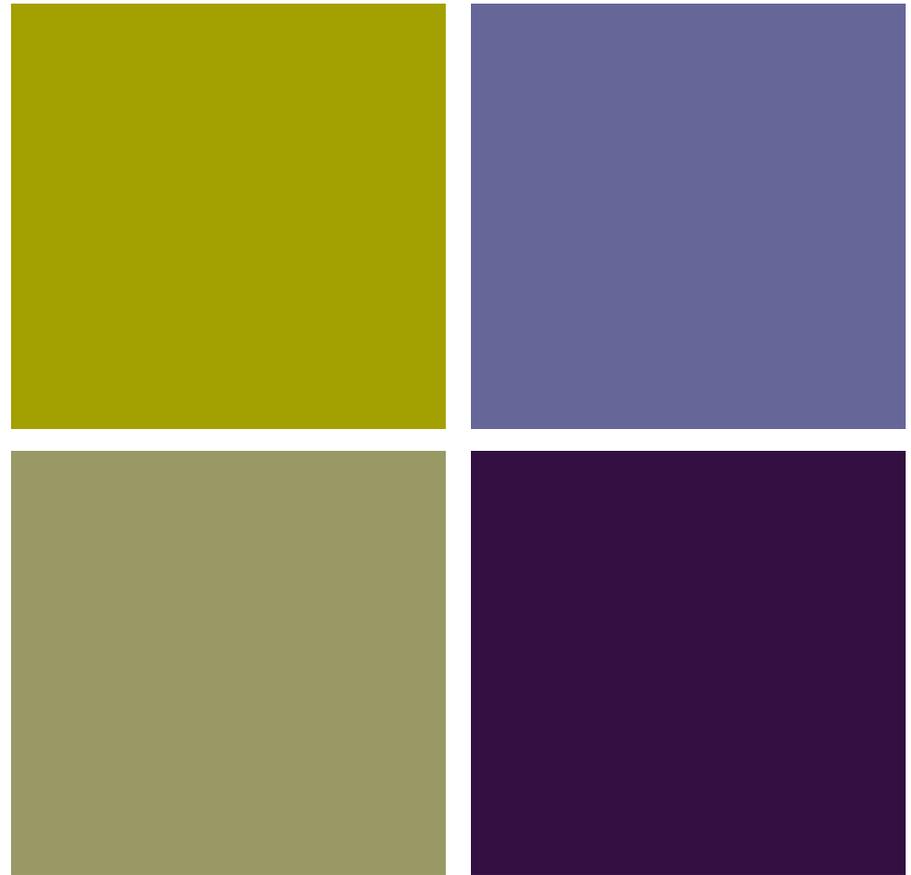
**Moderator: Lea Jaspers, M.A.**

*Health Education Specialist*

*Maryland State Department of Education*

*Vice President, Maryland State School Health Council*

**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**  
*A collaborative approach to learning and health*

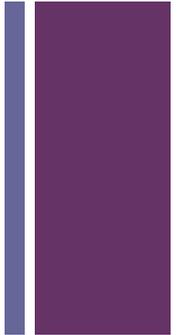


## Funding for Wellness Champions

Adrian B. Talley

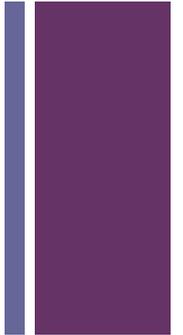
Prince George's County Public Schools

# + Problem



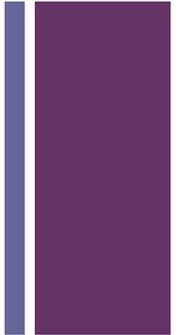
- Administrative Procedure requires schools to have Wellness Champion
- 207 schools in the county
- Funding for emoluments is very limited

# + Solution



- Title IV Funding
  - **The purpose of Title IV, Part A Student Support and Academic Enrichment Grant (SSAE) is to provide funds to increase the capacity of State Educational Agencies, schools, and local communities to:**
    - provide all students with access to a well-rounded education;
    - improve school conditions for student learning; and,
    - improve the use of technology in order to improve the academic achievement and digital literacy of all students.

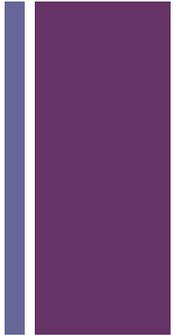
# + Solution



## ■ 5.0 ACTIVITIES TO SUPPORT SAFE AND HEALTHY STUDENTS

- H. designating a site resource coordinator at a school or local educational agency to provide a variety of services, such as:
  - (i) establishing partnerships within the community to provide resources and support for schools;
  - (ii) ensuring that all service and community partners are aligned with the academic expectations of a community school in order to improve student success; and
  - (iii) strengthening relationships between schools and communities; or
  - [Section 4108](5)(H)]

# + Solution



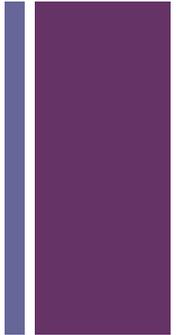
## ■ PROGRAM OBJECTIVE:

- Provide a stipend for each school to have a Wellness Champion.
- 

## ■ INTENDED OUTCOMES:

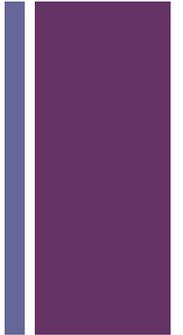
- PGCPS is committed to ensuring that schools have a Wellness Council and that each school has a wellness champion who ensures that each school's wellness council is active with an action plan to address student and staff wellness.
- The Wellness Champion will work to ensure that the school has resources from the community to support student and staff wellness.

# + Implementation



- Each champion receives \$300 stipend
  - \$150 is given when the Maryland School Wellness Scorecard
  - \$150 is given when the school has a Wellness Council

# + Outcomes



- More than 80 schools have designated a Wellness Champion
- More than 90 schools have completed the Wellness Scorecard





**Panel #2:**

**Best Practices for Engaging  
Administrators, Teachers, and Staff to  
promote Health and Wellness**

**Moderator: Tina Backe, M.A.**

Health Policy Analyst

Maryland Department of Health

Vice President, Maryland State School Health Council

**LUNCH**

**Lunch Presentation:**

**Maryland's Legislative Process and  
Local Involvement**

**Brooke Torton, JD**

Deputy Director, Legal Resource Center for Public Health Policy  
University of Maryland Francis King Carey School of Law

**Kerri Lowrey, JD**

Deputy Director, The Network for Public Health Law - Eastern Region  
University of Maryland Francis King Carey School of Law

# Gallery Walk!

	Topic	Moderator/Speaker
1	Advocating for More Physical Education Time for Students	Nick Thompson <i>Supervisor of Physical Education, Health, and Family &amp; Consumer Sciences Wicomico County Public Schools</i>
2	Alternative Discipline and Restorative Practices	Kimberly A. Buckheit, M.Ed. <i>Specialist, School Completion and Alternative Programs Maryland State Department of Education</i>
3	Condom Distribution in Schools	Kerrie Wagaman RN, MSN, BSN, NCSN <i>Coordinator of Health Services Howard County Public Schools System</i>
4	Family Engagement for School System Wellness Promotion	Megan Lopes, MPH <i>Staff Specialist Maryland State Department of Education</i>
5	Supporting Schools to Successfully Engage Parents as Wellness Partners	Brittany Ledford <i>Mid-Atlantic State Coordinator Action for Healthy Kids</i>
6	Skills-based Health Education & Health Literacy	Brian Griffith <i>Specialist for Secondary Health Education and Physical Education Frederick County Public Schools</i>
7	Staff Resilience	Michelle Caruso, MPH, RD <i>Healthy Schools Program Manager, Mid-Atlantic Alliance for a Healthier Generation</i>
8	Wellness Awards	Maneka Monk <i>Senior Manager of Communications Anne Arundel County Public Schools</i>

# **Group Activity/ Action Planning**

**Facilitator: Megan Lopes, MPH**

**Staff Specialist**

**Office of School and Community Nutrition Programs**

**Maryland State Department of Education**

# Thank You!

*Making Wellness Work: The Value of System-Level School Health Councils*

Look for an e-mail survey about the conference.

We would love to hear your feedback!

