



Maryland State School Health Council: Executive Board Meeting 1/17/24

MEETING INFORMATION

Date: 1/17/24

Time: 3:30pm-4:30pm

MINUTES

i. Introductions

ii. Fall/Winter 2023 Updates

a. Legislation

- i. The MSSHC has continued its partnership with UMD Carey School of Law to provide legislative updates at select meetings and webinars. Additionally, the School provides weekly legislative updates via email; the MSSHC will forward these updates to all Executive Board members. Individual requests to be added to the School's listserv can be directed to: publichealth@law.umaryland.edu. Local school health councils can also reach out to the School for consultation.

b. Networking

- i. The 4th Annual Dr. Alan Lake Award for Dedication to Wellness Promotion in Schools was awarded to Dr. Cara Grant of Montgomery County Public Schools for the 2022-2023 academic year. Congratulations, Cara!
- ii. The Executive Committee has sent a welcome letter to Interim State Superintendent Carey Wright, along with a request to meet and share information about the MSSHC.
- iii. The Executive Committee has chosen to pursue an in-person meeting scheduled for June 2024. The tentative theme proposed is "Making the Case for Health in Schools." A breakout discussion during the meeting was focused on ideas for planning the conference, such as the location, subtopics, speakers, and activities.

c. Communication

i. Bimonthly webinars

1. The MSSHC has hosted two well-attended webinars thus far for the 2023-2024 academic year: The Power of your Wellness Policy: How to Leverage the Triennial Assessment (11/14/23) and Adult-Use Cannabis Legalization in Maryland: Key Insights on Cannabis and Youth (12/13/23). Legislative updates were provided during the latter webinar. Both [webinar recordings are posted on the MSSHC website](#), and a follow up email with supplemental materials and links to resources was sent to the MSSHC full membership.
2. Topics for two additional webinars were selected by the Executive Committee: Recess Policies (February 2024) and Cell Phone Policies (April 2024). Breakout discussions were dedicated to generating ideas for these two webinars.

iii. Breakout Room Discussions

- a. Executive Board members divided into three separate breakout rooms to generate ideas and plan for (1) the webinar on recess policies, (2) the webinar on cellphone policies, and (3) an in-person meeting/conference in June. Each group recorded notes on their discussions via Google Docs (see Appendix) and shared a summary with the full Executive Board.
- b. Interest in joining a planning committee for the June in-person meeting/conference can be directed to MSSHC Co-Vice Chair Leslie Sessom-Parks (leslie.sessomparks@maryland.gov) or the MSSHC email (marylandsshc@gmail.com)

I. Other Updates/Open Mic

1. Registration is open for the [Active Schools National Summit](#) held July 17th-19th at the University of Northern Colorado.

Appendix

Breakout Session 1: Recess Policies Webinar Planning

- 1) Potential speakers?
 - Lysa Ratliff, CEO of Kaboom
 - Someone from Playworks?
 - [Dr. Recess](#)
 - Middle school principal who has prioritized recess (even though not required)
- 2) Key topics to address during webinar
 - Recess before lunch
 - Data on time for PA at home, need recess and PE for activity
 - Impact of timing of recess on chronic health conditions - ADHD, diabetes management, etc. Timing of recess around lunch impacts diabetes management
 - Safety/injuries
 - Facilities - playgrounds/equipment for different age groups
 - Budget for equipment (balls, etc.)
 - [SHAPE America guidelines for recess in schools](#)
 - Staff to student ratio (re: quality and safety)
 - See [Washington state law](#)
 - Strategies for getting kids with different preferences to use the time for movement
 - Planning around bad weather: clothing, indoor space for recess
 - Site-level strategies for training, creating a culture of valuing recess, shared expectations that recess happens (set weather expectations), training on how to manage recess without banning activities that go sideways, student-created ideas/incentives

Breakout Session 2: Cellphone Policies Webinar Planning

- 1) Featured LEA?
 - Baltimore County Public Schools - Adam Carney - Cockeysville Middle School
 - Research behind cell phone use growth and development
 - Implemented a ban on cell phone use
- 2) Key topics to address during webinar?
 - Disruption of instruction
 - Push-back from students?
 - Push-back from parents (those without chronic illness)
 - What do the teachers do during downtime?
 - What staff are required to support this type of ban?
 - Logistically how does this happen
 - Have other schools taken it on?
 - What about students with CGM (Continuous Glucose Monitor)- access phone (violation of ADA?) -- can be an accommodation
 - Components of the WSCC model that this aligns?
 - What about teacher cell phone use? Modeling

Article: [Cellphone Bans in School Are Back. How Far Will They Go? \(neaToday\)](#)

Breakout Session 3: In-Person Meeting/Conference Planning

Presented 2020 agenda as a starting point for our conversation

Ideas that were generated:

- invite a panel of local school district leadership (e.g., deputy superintendent, principals)
 - Anne Arundel leadership was suggested
 - invite local school district leadership to also attend meeting
- invite someone from National Association of School Nurses (NASN)
 - consider speaker from National Association of School Based Health Centers (NASBHC) also
 - or, Howard County Director of SBHCs - Ambyr Cink
 - combine these speakers with local school district leadership speakers
- Consider national speaker/academic who has published in this area
 - Charles Basch
- Develop a panel or series of presentations based on new book "Intersectionality in Health Education"
 - Cara and book editor could be on panel or moderate - title "Intersectionality and Academic Outcomes"
 - Topics to include:
 - SDOH (Social Determinants of Health) that impact academic outcomes
 - Attendance
 - Mental health and social/emotional wellness
 - Homelessness
 - Racism