

TO: Honorable Molly Danforth, Chairman of the School Board
FROM: Roszena Sutton, School Health Advisory Board, Staff Liaison
RE: School Health Advisory Board Annual Report
DATE: July 5, 2005

The School Health Advisory Board met 7 times between October 2004 and May 2005. The committee's 2004-2005 annual goals were:

- To improve school health services
- To promote and improve student health awareness, wellness and achievement
- To promote and increase staff health awareness and improve staff wellness

The committee participated in the following activities:

Health Services

- Research, discussion, and oral presentations to the central office administration and the school board in support of a full-time licensed school nurse coordinator in an effort to improve school health services
- A review of procedures and services for diagnosing and treating special needs students
 - A presentation was given by SHAB member, Dr. Thomas Sullivan to school principals and the School Board on the identification and management of children with behavioral disorders
- A review of procedures for student health screening, record keeping, and referrals
 - Welligent updates were given by SHAB School Nurse Liaison, Robin Wallin (Welligent is a web-based documentation system, and has been implemented now for a third consecutive year with increased school nurse application)
- Annual ACPS Student Health and Immunization Fair updates were provided by Robin Wallin
- Multiple committee discussions on the newly required Wellness Policy with preliminary input provided

Health Education/Instruction

- Completion of the Virginia Action for Healthy Kids Nutrition Survey
- The review and revision of the HIV Policy for School Attendance
- Substance Abuse and Violence Prevention Education Advisory Board Meetings (SHAB representation)

Healthy Environment

- A review of school health policies, emergency/crisis medical situations and school safety procedures
 - Discussed and monitored the expansion of the CPR and AED Programs
 - Collected data on the 2004 revised School Health Requirements- PPD Policy

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Physical Education

- Discussion, review and support of efforts to increase student's physical activity and prevent obesity
 - Such efforts included: Fitness clubs, walking clubs , television reduction efforts (Annual Turn Off the TV Day) , use of pedometers, bicycling, horizontal wall climbing, collection of BMI data, physical activity logs, Healthy Heart Club, rollerblading

Nutrition Services

- A review of school nutrition programs, procedures and offerings
 - Such programs, procedures and offerings included: foods and beverages offered anywhere on the school incorporate the recommendations of VAFHK (healthier vending machine selections); all beverages sold are 100% juice (elimination of soft drinks, sport drinks, punch and other juice drinks containing less than 25% real fruit juice); low fat 1% chocolate skim milk (no whole milk served); Parent Advisory Group to the Food Nutrition Services Department; working with industry to get reasonably priced and available whole grain products
 - Lyles-Crouch Traditional Academy Governor's Bronze Award for Best Practices in Nutrition and Physical Activity Ceremony (SHAB Representation)

Staff Wellness

- Activities to promote staff wellness
 - Encouraged staff wellness through walking clubs, Weight Watchers Club participation, Governor's Fitness Challenge

Parent/Community Involvement and Partnerships

- Alexandria Health Department
 - Discussion and review of the Alexandria Community Health Assessment
 - Review of Adolescent Health Clinic use statistics
- Partnership for Healthy Kids (PHK)
 - Hip and Healthy Challenge, Pyramid Power, Food Groups and Fitness, Too!
 - Family Fitness Frenzy, Teen Food, Fitness & Health, Lunch Hour Nutrition Display
- Alexandria Campaign on Adolescent Pregnancy/ Virginia Department of Health
 - Reviewed data on teen pregnancy, STDs, local and state initiatives/prevention programs
- Promoted efforts to increase awareness of PPD Policy change and school health entry requirements
- American Diabetes Association
 - Guest speakers from the local chapter of American Diabetes Association presented on nutrition and physical activity school resources available to prevent diabetes and improve the lives of students and staff coping with diabetes