

Maryland State School Health Council: Executive Committee Meeting

MEETING INFORMATION

Date: 12/19/18

Attendees: Brooke Torton, Caroline Green, Erin Hager, Katie Campbell, Kerri Lowrey, Lea Jaspers, Lisa Lachenmayr, Louise Fink, Marla Caplon, Megan Lopes, Nacole Smith, Nancy Lever, Tina Backe

Time: 2pm-3pm

Location: 1st Floor Conference Room
737 West Lombard Street
Baltimore, MD 21201

Call-in Information: 1-866-453-8413
Code: 1880729



MINUTES *ACTION ITEMS

I. Introductions (5 minutes)

II. SHIP Preconference Planning (15 minutes)

1. Tuesday, August 6th 2019
2. Topic/Theme/Purpose- discussion
 - i. Review agendas from prior meetings (2014 and 2016; handouts)
3. Materials needed-must decide for budget***

- Will send out handouts/topics from past preconference.*
- In past meetings, gave portfolios, pens, flash drives preloaded with materials, and water bottles (funded by another grant).
- Have LSHC representative from all 24 Districts. - **need to obtain list of all LSHC chairs/co-chairs*
- Topics / Ideas:
 - Trauma
 - Opioids
 - Drug Prevention
 - Sex Education
 - Recess – effort to get support on potential bill
 - Mindfulness and how it can be used in the classroom environment: Focusing on social and emotional health of teachers so they can then focus on nutrition and wellness of students
 - Building the capacity and LSHC Structure
 - Give tools to help them build their own school health council.
 - Facilitated sharing with rotating topics – communication
 - More generalized topics that all districts can relate to
 - Advocacy – arm them with the right information to advocate on these topics. (Provide research articles and reasons why it is good for the school). Examples:
 - Recess
 - Nutrition
 - Physical Education
- **Need to think more about topics before next meeting*
- **Identify ask to LSHC for topic ideas*
- **Need to submit budget as soon as possible due to lengthy approval process.*

III. Student Advisory Board (15 minutes)

1. High school students – ideally one from every school system.
 2. Recruitment/Timeline- discussion
 3. What do we hope to learn from them- discussion
- Would like members to attend SHIP Preconference.
 - Do smaller meetings in person and larger virtual meetings.
 - How to recruit them:
 - Should tell LSHC in case they're interested, but need to figure out logistics first.
 - Youth Advisory groups may have advice.
 - Pilot Study may help us figure our logistics
 - Reach out to System level LSHCs, Student Governments, National Honor Society?
 - Bring up at SHIP Conference for ideas.
 - Should be a Junior or younger.

IV. Webinar Planning (15 minutes)

1. December Webinar follow-up
 2. Next Webinar: February - Wednesday February 6, 3:30 PM – 4:30 PM
 - i. Topic: Physical Education and Physical Activity
 - ii. Identify potential speakers
 1. Ideas: Shape MD, PE Specialist, Legislative Discussion
 - iii. Future Topics:
 1. April: Family Engagement and Smart Snack Standards
 2. June: Opioids
- Ideas:
 - Recess breaks – 1/3 middle schools require recess
 - Guide Kit – Physical Activity in the classroom
 - Physical activity breaks
 - Do poll for preconference ideas *should announce in webinar save the date.
 - Confirm speakers at 1/16 meeting.

V. Standing Agenda Items (10 minutes)

1. Healthy Schools Award
2. Building the Executive Committee and the broader MSSHC membership
 - i. Kaiser Permanente, Action for Healthy Kids, Alliance for a Healthier Generation, others (Erin)
 - ii. Other groups to
3. Spending MSSHC budget in 2018-2019 (\$5000).

VI. Other New Business/ Open Mic