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:
         o Trauma
         o Opioids
         o Drug Prevention
         o Sex Education
         o Recess – effort to get support on potential bill
         o 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
         o Building the capacity and LSHC Structure
         o Give tools to help them build their own school health council.
         o Facilitated sharing with rotating topics – communication
            ▪ More generalized topics that all districts can relate to
         o 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

VI. Other New Business/ Open Mic