Welcome!

Maryland State School Health Council
State-Wide School Wellness Meeting

Making Wellness Work: The Value of System-Level School Health Councils
August 6th, 2019
1st Annual

Award for Dedication to Wellness Promotion in Schools
1st Annual
Dr. Alan Lake
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Wellness Promotion in Schools
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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
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
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More investigating to come!
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!
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
  • 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
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.
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
Successful WCPS Health & Wellness Committees

- Support
- Virtual meetings
- Mid-Year reports
- Funding
- External
- Internal
- Action Planning
- Needs assessment
- School Improvement Plans
- Evaluation
- Rubric
- Process
- Mid-Year reports
Successful WCPS Health & Wellness Committees

Support
- Support
- Fundraising
- Virtual meetings
- Screen-casting
- Zoom
- Mid-Year reports
- Questions
- Progress

Funding
- Grants
- Donations
- Memberships
- External
- Internal
- Extra Duty Pay
- CPD credits

Evaluation
- Rubric
- Self & Central Documentation
- WSWC model components

Action Planning
- Mid-Year reports
- Needs assessment
- Surveys
- AHG components
- Academic Connections
- WSWC model components

School Improvement Plans
- Reporting
- Process
- Summary
- WSWC model components
- Self & Central

WSWC model components
- Surveys
- AHG components
- Academic Connections
- WSWC model components
- Self & Central

Screen-casting
- Virtual meetings
- Zoom

Questions
- Progress
- WSWC model components
- Surveys
- AHG components
- Academic Connections
- WSWC model components
- Self & Central
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!

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