Maryland State School Health Council: Executive Committee Meeting

MEETING INFORMATION
Date: 1/16/19
Attendees:
Time: 2pm-3pm
Location: 1st Floor Conference Room
737 West Lombard Street
Baltimore, MD  21201
Call-in Information: 1-866-453-8413
Code: 1880729

AGENDA

I. Introductions (5 minutes)

II. Midyear Check-in (10 minutes)
   1. Accomplishments
      i. Bylaws/Establishment
      ii. Webinars
      iii. Membership Growth
   2. Goals

III. Webinar Planning (20 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
         2. Poll for SHIP Conference Ideas
   3. Future Topics:
      i. April: Family Engagement and Smart Snack Standards
      ii. June: Opioids

IV. 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)
      ii. Topics brought up at December Meeting:
         1. Trauma
         2. Opioids
         3. Drug Prevention
         4. Sex Education
         5. Recess – effort to get support on potential bill
         6. 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
         7. Building the capacity and LSHC Structure
         8. Give tools to help them build their own school health council.
9. Facilitated sharing with rotating topics – communication
   1. More generalized topics that all districts can relate to
10. 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:
    1. Recess
    2. Nutrition
    3. Physical Education

3. Materials needed-must decide for budget

V. Standing Agenda Items (10 minutes)
   1. Student Advisory Board
   2. Healthy Schools Award
   3. Building the Executive Committee and the broader MSSHC membership
      i. Kaiser Permanente, Action for Healthy Kids, Alliance for a Healthier Generation, others
         (Erin)

VI. Other New Business/ Open Mic