

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

- Bylaws reviewed and approved by
- Legal Resource Center was able to track down some information on who we are/who should be on the board.
 - Thinks MSSHC was created in 1946 then reorganized in 1966. Who we are was left out of the code somehow.
 - Legally there is no existence – the statues that they found are not legal requirements.
 - LRC can help us clarify who we are, which would give us a legal existence to clarify what we can and can't do.
 - Brooke will look into Senate bill 0112*

ii. Webinars

- Two successful webinars! Received great feedback.

iii. Membership Growth

- Distribution list continues to grow – up to 175!
- Should we also help locals build their own school health councils?
 - Give LSHCs the tools to build their health council.
- Growing the Executive Committee –
 - Kaiser (and many other private businesses) could be a great partner in Baltimore City.
 - There is a place for private businesses on the executive committee in the bylaws.
 - Will follow up on this after discussing with LRC.

2. Goals

- Health Education COMAR – Once approved for comment, would like the MSSHC to be included. Should be public in the next 3-6 months.
- Meeting with the secretaries in 2019.

III. Webinar Planning (20 minutes)

1. December Webinar follow-up – **Employee Wellness**
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
 - Talk about Physical Education and Physical Activity as two separate topics
 - Look at claims in PE Minutes bill and how our kids have less PE than other places. Maybe how Harford County has 5 days a week Physical Education.
 - Jason Semanoff: What is PE? Debunking some myths or misinformation about PE.
 - Recess guide (Shape America)
 - Physical Activity is not just an Elementary thing. (Middle school sometimes calls it Free play)
 - Recess at middle school – Have someone speak about how they made that happen?
 - Perhaps a private school?
 - Do poll at end of Webinar to include who they are and how many people they're calling in with.
3. Future Topics:
 - i. April: Family Engagement and Smart Snack Standards
 - ii. June: Opioids
 - Parks and Recs when we cover community involvement.

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
 - Split day up in two: Half day on capacity building and advocacy
 - Have different tracks:
 - School health education and nutrition
 - Social and emotional learning
 - Health risk of early computer use.

- Possibly have an advocacy discussion over lunch
 - What can we do in terms of advocacy then have round table discussions after lunch about what that would look like at a local or system level.
 - Have one of the speakers fund the lunch. (Need to consider conflicts of interest)
 - American Heart Association
 - Everfi
- Give a flash drive with resources or portfolio with materials.

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)
4. Spending MSSHC budget in 2018-2019 (\$5000).

VI. Other New Business/ Open Mic