

# Maryland State School Health Council: Executive Committee Meeting

## MEETING INFORMATION

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Date: 1/16/19

Attendees:

Time: 2pm-3pm

Location: 1<sup>st</sup> Floor Conference Room  
737 West Lombard Street  
Baltimore, MD 21201

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



## AGENDA

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### 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 6<sup>th</sup> 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)
4. Spending MSSHC budget in 2018-2019 (\$5000).

**VI. Other New Business/ Open Mic**