

Montgomery County School Health Council

March 18th, 2024 Meeting Minutes

- 6:30 - Introductions by Jessica Hasson and Daniel Russ, SHC co-chairs. Welcomed new members and student presenters. Hybrid meetings continue to work well, minutes recorded by student member E. Salsberg.
- 6:45-Liz Elliott, Nurse Administrator for School Health Services, announced newly appointed Chief of Public Health, Dr. Nina Ashford, discussed SHS-related topics, including ongoing nurse vacancies, time lag in the hiring process of new nurses, increased workload of school nurses with some staff overseeing three schools, awaiting the announcement of new community schools (anticipated 10-20 schools), and creation of positions to accommodate newly listed community schools.
- 6:50 - Dr. Kapunan, MCPS, School System Medical Officer, reviewed updated COVID-19 guidelines. After 24 hours with no fever or symptoms, students can return to school (guidance for specific populations continues to vary). Dr. Russ inquired-What protocols do we have in place for if there was another pandemic?-includes collaboration with DHHS and lessons learned from the previous four years, MCPS developing education about cannabis and vaping even in younger grades, new Narcan policy bill in Annapolis; students have been trained to use and teach others about using Narcan. Stephanie Iszard, MCPS, Executive Assistant, Office of the School System Medical Officer: Girls Summit was a huge success; 1300 students and caregivers attended, and reviewed upcoming events such as Game changers, athletes wellness summit, minority scholars program are all good opportunities for students to discuss and learn about health and wellness in smaller, more specific groups
- 7:12-Devin Lee, student member, senior Quince Orchard HS, Social Media for Social Justice: National Organization dedicated to stopping the spread of misinformation in adolescence, Maryland Kids Code - Hold social media companies accountable for the information they collect and algorithms they use, proposed Bill (SB571) was approved in both House and Senate, discussed how “doom scrolling” is a huge problem but just telling a kid not to use a phone is no longer a realistic possibility since phones are used for everything, including schoolwork, reviewed how adults are also very influenced by misinformation and this can rub off on kids
- 7:34- Solai Deal, student member, senior, Paint Branch HS: Awareness and Strategies for Predominantly Black Schools and Students: discussed how strategies and tools being offered are not always appropriate for or fit the needs of the entire student community, increase in violence noticed with more fights breaking out at school and no one is trying to help the students involved, increase need for empathy training for educators, education about wellness needs to start earlier, adults think that they are educated on how to best help Black students even though, in reality, they don't really know, reviewed how unhelpful wellness activities are used as a bandage on an open wound; lava lamp and friendship bracelet making, discussed how it is now a common experience for students to feel that they have no relationship with their teachers which makes it hard for them to learn and feel motivated, student perspective that long surveys asking what needs to be changed are unhelpful and do not promote real change
- 7:57-Reviewed topics for future meetings to include a presentation by Montgomery County Food Council, reviewing policy and regulations on student wellness initiatives, continuing to elevate student voices, ongoing community outreach, formation of the nomination committee for new SHC co-chair (Daniel Russ's term as co-chair ends this SY).
- School Health Council Meetings for SY 2023-2024
 - Monday, May 6th, 2024 from 6:30-8:00 PM (hybrid)

Participants, in person

- **Carey Dwyer**, Nurse Manager, SHS
- **Liz Elliot**, Nurse Administrator, SHS
- **Dr. Jessica Hasson**, SHC, co-chair
- **Dr. Daniel Russ**, SHC, co-chair
- **Dr. Cara Grant**, Supervisor, MCPS physical and health education
- **Dr. Patricia Kapunan**, Medical Officer, MCPS
- **Dr. Sandy Salsberg**, Community member
- **Evie Salsberg**, Student member, 11th grade,
- **Solai Deal**, Student member 12th grade

Participants, online

- **Anmarie Hart-Bookbinder**, Montgomery County Food Council
- **Devin Lee**, Social Justice for Social Media, student member, 12th grade
- **Tara Clemons**, Commission on Health
- **Stephanie Iszard**, Executive Assistant, MCPS medical officer
- **Kirsten Andersen**, Administrator, Linkages to Learning
- **Laura Stewart**
- **Peter Park**, Team Leader, Systemwide Safety Programs, MCPS
- **Nurse Administrators and Managers from SHS**