

# Montgomery County School Health Council

## December 4<sup>th</sup>, 2023 Meeting Minutes

- 6:30 - Introductions by Carey Dwyer and Liz Elliott. Hybrid meetings, members in attendance are listed below. Discussed SHS related topics, including ongoing nursing shortage, new online health documentation portals, efforts to ensure students' immunizations, challenges with school-based health centers due to sponsorship changes, and a concerning rise in student violence, potentially linked to increased substance use and recent traumatic events.
- 7:00 - Dr. Kapunan from the Office of School Health discussed new initiatives including allergy education, infectious disease patterns, opioid overdose response, allowing students to carry Narcan, addressing shared trauma, employee safety, plans for a student wellness survey in January 2024, increased education on nicotine and cannabis, and recent successful events such as the Girls Summit focusing on social media and mental health, prompting a discussion on how teachers should navigate conversations about social media use among students.
- 7:25-Barbara J. Lewis Green, Wellness coach, MCPS community schools, presented updates on the growing number of community schools-34 total-32 elementary and 2 middle, emphasizing their uniqueness and tailored resources, highlighting initiatives such as health education from kindergarten with age-appropriate conversations about nutrition, exercise, and mental health, “wellness breaks” for students to learn about self-advocacy and healthy coping mechanisms, creation of grief support groups.
- 7:40- New ideas proposed for future discussions include suggestion to address childhood hunger through school-based resources (Annemarie Hart-Bookbinder), focus on promoting positive self-image, advocating for healthy coping strategies (Stephanie Evers), highlighting the importance of the need for parental support from schools (Carey Dwyer), and interest in exploring social factors influencing health barriers and disparities (Patricia Kapunan)
- School Health Council Meetings for SY 2023-2024
  - Monday, May 6<sup>th</sup>, 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
- **Mark Hodge**, Senior Administrator, SHS
- **Reuben Grant**, Student member, 10<sup>th</sup> grade
- **Bryce Grant**, Student member, 7<sup>th</sup> grade
- **Dr. Cara Grant**, Supervisor, MCPS physical and health education
- **Dr. Patricia Kapunan**, Medical Officer, MCPS
- **Dr. Sandy Salsberg**, Community member
- **Evie Salsberg**, Student member, 11<sup>th</sup> grade
- **Shaylie Allmond**, Student member 11<sup>th</sup> grade
- **Solai Deal**, Student member 12<sup>th</sup> grade

### Participants, online

- **Annemarie Hart-Bookbinder**, Montgomery County Food Council
- **Tara Clemons**, Commission on Health
- **Alexander Allin**, Student member
- **Stephanie Iszard**, Executive Assistant, MCPS medical officer
- **Kirsten Andersen**, Administrator, Linkages to Learning
- **Laura Stewart**
- **Peter Park**, Team Leader, Systemwide Safety Programs, MCPS
- **H. Donna**
- **Nurse Administrators and Managers from SHS**