

**Healthy Youth and Schools Commission Meeting**  
**September 25, 2013, 4:00 pm-6:00 pm**  
**Minutes**

**Commissioners in attendance:** Alex Ashbrook, Diana Bruce, Lauren Biel, Sandra Schlicker, Cara Biddle, Charneta Scott, Naomi DeVeaux (call-in)

**Commissioners not in attendance:** Alex Lewin-Zwerdling, Jenny Backus, Amy Nakamoto

**Others in attendance:** Grace Friedberger (OSSE), Heather Holaday (DCPS), Nichelle Johnson (OSSE), Nancy Katz (OSSE), Ivy Ken (GWU), Brittany Oberdorff (OSSE), Michael Posey (DCPS), Alyia Smith-Parker (DC Hunger Solutions), Joni Eisenberg (DOH), Elizabeth Leach (DCPS), Chidimma Acholonu (Alliance for a Healthier Generation) (call-in)

**Vote to approve the minutes from last meeting: Passed**

**1) Subcommittee Reports**

*Physical Activity (Chair, Amy Nakamoto)*

- Amy Nakamoto was not present at meeting; need to find out status of action step from last meeting regarding writing a letter to Council and Mayor about possible unachievable SY 14-15 PE goals and issues with meeting Health Education requirements.
- SY 12-13 school health profile data shows schools are providing an average of 66 minutes per week for students in Grades K-5 and an average of 100 minutes per week for students in Grades 6-8.
- OSSE monitored sixty-seven schools for compliance with the Healthy Schools Act during SY 12-13. OSSE observed six schools (5 PCS and 1 private school) providing PE at the SY 14-15 requirements: 150 minutes for Grades K-5 and 225 minutes for Grades 6-8.
- It was suggested that it may be beneficial to do some analysis on the schools that are currently meeting the SY 14-15 requirements. How long is the school day? How many students are enrolled? What is the FTE per student ratio? Who is providing PE/who is qualified? Report DC CAS scores and attendance. How are these schools excelling?
- It was suggested that the HYSC propose a plan for schools to meet the SY 14-15 PE requirements. Convene community experts and make recommendations on how schools can meet or work toward the SY 14-15 requirements (e.g. extend the school day, set step-wise PE minute targets, strengthen PA goal/requirement, allocate funding and/or space).

**ACTION STEP: Set a meeting date and convene experts to make PE recommendations (Lauren Biel).**

*Health (Chair, Cara Biddle)*

- Universal Health Forms,
  - Among school-aged children visiting Children's National Medical Centers, 74% have had physical exams in the past 12 months and 84% have had physical exams in the past 18 months. Rates are lower among adolescents than young children. Yet, only ~30% of children have Universal Health Forms on file with their school.
  - Letter to Council on universal health forms remains an action step (set at the last meeting)
- Mental Health: No update

*Communications/Promotion (Chair, Alex Ashbrook)*

- Infographic posters and flyers are being distributed. Several Commissioners have seen the infographic on bus stops across the District.

- Healthy Schools Act Student Art & Essay Contest entries due on October 4, 2013. Spread the word!

**2) OSSE Healthy Schools Act Report to Council:** Completed. Report is due on September 30.

**3) Commission Report Preparations:** Report is due on November 30.

- Last year, Commission report was written around three target areas: communications, evaluation, and physical and health education.
- This year, the Commission will report on progress around the four targets/sub-committees:
  - Physical education and physical activity (Lauren Biel and Amy Nakamoto)
  - Health (Charneta Scott and Cara Biddle)
  - Evaluation (Diana Bruce and Sandy Schlicker)
  - Promotion (Alex Ashbrook)
- Jenny Backus has agreed to edit and format the report for submission to Council.

**4) Growing Healthy Schools Week Update (October 20<sup>th</sup>-25<sup>th</sup>)**

- The Healthy Youth and Schools Commission is sponsoring a panel on Healthy Schools Act implementation at the U.S. Green Building Council on Monday, October 21, 2013 at 6:30 PM.
- Washington Redskins player will eat lunch with students as a special incentive for a school during Growing Healthy Schools Week.
- DCPS and several charter schools will serve a local food every day at lunch during GHSW. Rachael Ray recipes will be featured on Wednesday.

**5) Announcements and Closing Remarks**

**Monday, November 4, 2013:** Email your section of the draft to [nancy.katz@dc.gov](mailto:nancy.katz@dc.gov). OSSE will circulate section drafts to Commissioners via email for review.

**Next meeting:**

**Wednesday, November 6, 2013 at 3:00-5:00 PM:** Commissioners come prepared with comments on the section drafts. OSSE will provide additional feedback once the draft comes together.

**Conference call:**

**Wednesday, November 13, 2013 at 3:00 PM:** Commissioners approve the report. All comments have been incorporated by this date. Jenny Backus will edit and format the report by **Wednesday, November 20, 2013**. Report is due to Council on November 30, 2013.