

Healthy Youth and Schools Commission Meeting
Wednesday, November 6th, 2013
3:00 pm – 5:00 pm
Minutes

Commissioners in Attendance: Lauren Shweder Biel, Amy Nakamoto, Sandy Schlicker, Cara Biddle, Alex Ashbrook, Charneta Scott, Diana Bruce, Audrey Williams, Simone Banks-Mackey

Commissioners not in attendance: Alex Lewin-Zwerdling, Jenny Backus, Jean Gutierrez

Others in Attendance: Alyia Smith-Parker (DC Hunger Solutions), Nancy Katz (OSSE), Robin Diggs (DOH), Joni Eisenberg (DOH), Liz Leech (DCPS), Heather Holaday (DCPS), Ivy Ken (GWU), Michael Posey (DCPS)

Review of Draft Report

- Important to highlight successes in the three areas
- PE/PA
 - Highlight inability of schools to meet the requirements
 - HYSC needs to make the recommendations of what should happen and who should do it rather than presenting vague recommendations
 - Only two options—extend school day or take minutes away from other subjects
 - Needs to be a group of people to investigate these options and give report on costs/implications —OSSE, DME, DCPS, and PCSB
 - Need to add examples of schools that are doing well, and recommendations from IOM
 - Perhaps add literature review on PE minutes and academic performance
 - Include Health Education minutes in this section of the report
- Health and Wellness
 - Universal Health Forms
 - Need to talk about importance of electronic system to collect health data on students (can incorporate into SLED).
 - What happened to DOH Student Health Center Plan?
 - Include rate of return on Universal Health Certificates
 - Need better system of communicating information on students that have health issues (consent for physician to talk to school nurse)
 - This should include food allergies rather than having separate forms
 - Include issue of reimbursing physicians for time spent on filling out these forms—DCHF should review
 - For schools with no nurse, administration at school should be collecting the universal health forms

- Mental Health
 - Focus on issues related to inability of physicians and/or school nurse's to address students' mental health issues
 - Better coordination of care between primary care, mental health services, and schools
 - Screening of children for mental health now included as part of annual physical
 - Recommend full time coverage of nursing and mental health in each school
- Evaluation
 - Collecting BMI data
 - San Francisco or San Diego collecting information through immunization registry rather than through school nurses (DOH has been working on this)
 - Include information from AU
- Communications
 - Stress importance of reaching out to parents
 - Parents concerned about extending the school day and about physical activity
 - School parent nights
 - Student-led conferences
 - Sporting events
 - New ideas: PSAs, Buses, Grants to schools to engage parents

Schedule for Completion of Report:

- All parts need to be submitted to Nancy Katz by November 13th
- Final draft of report to Commissioners by November 19th
- Call on November 22nd at 3:00 pm to finalize report

First Commission Meeting of year will be January 15th, 4-6 pm.