

School Health Advisory Committee Meeting

February 13, 2020

Lee County Public Education Center

8:30 – 10:00 am

Meeting was called to order at 8:30 by Leisha Roy

Introduction of members

Minutes of previous meeting were approved unanimously with Terry Tucker making a motion to approve and a second was made by Heather Parker.

NEW BUSINESS

School District of Lee County Prevention Initiatives – Kathy Wynne and Sara Thompson presented some of the initiatives the School District is doing for Prevention Education. - provided to students and parents.

1. Parent presentations – Throughout the school year, monthly education forums are presented in each zone on a predetermined topic. The sites are rotated, they are an hour in length and the topics are as follows:
 - September - Vaping
 - October - Bullying
 - November - Opioids
 - January - Marijuana
 - February - Vaping
 - March – Social Media
 - April – Alcohol

The team will go out to the schools to also do these presentations; however, they have been set up so anyone within the school district can give the presentation. The presentation slides are in a google drive, as well as the presentation handouts and exit surveys.

2. Student presentations – They have packets set that can be used at schools to do similar presentations. The Prevention Team or the Schools can present the programs. The packets contain all the needed supplies:
 - Flyers
 - Promotional information for school news
 - Slide presentations
 - Presenter guides
 - Activities
 - Handouts
 - Exit surveys
 - Pre- and post-tests
3. Second Step – Social – emotional learning curriculum for elementary and middle schools. Not all schools use this program but for the schools that do use they will provide training for teachers, to use this program in their classes.

4. Peer Mediation – Assist schools to train students in peer to peer conflict resolution.
5. Vaping Poster Series – Worked with student to create a variety of posters teaching about vaping and vaping dangers
6. THC Vaping posters – to be disseminated to all middle and high schools
7. Bathroom Infographics – To be placed in all middle and high school bathroom stalls to teach about the dangers of vaping
8. Tip sheets for parents to use – Guidelines for parents to use when discussing the dangers of drug use.
9. The Norm Project – This is a poster contest held in coordination with the United Way. The posters are created to encourage student to choose not to use alcohol, tobacco and drugs. The winning designs are made into posters, bus magnets and educational folders.
10. Kiosk Presentations – These are 3-minute informative videos that show the dangers of vaping. These are commonly shown on parent nights or during school announcements.
11. Public Service Announcements (PSAs) – The Prevention Team has worked very closely with some of the local high schools to create PSAs on vaping, marijuana and nicotine usage.
12. Facebook Live – At the beginning of the school year an education presentation was done on vaping prevention. A copy of the program currently resides on the SDLC Facebook Page for anyone to view.
13. Tweets for Prevention – There are often tweets about vaping @LeePrevention.
14. Talk 15 – A program in coordination with the United Way to encourage parents to talk with their children at least 15 minutes a day regarding the dangers of drug and alcohol use. There are many educational materials available for parents. They have also created PSAs that run at different time during the year to show the importance of Talk15. They also created bus wraps advertising Talk15.
15. Community Involvement – Sara and Kathy also participate in many community meetings and other events to promote awareness.
16. Online Nicotine Course – They are in the process of creating an online nicotine course for students that have received a citation for smoking, vaping or carrying devices for vaping. This will be available in Semester 2 of the 2019-2020 school year.

The next Parent presentations will be on Social Media:

- Tuesday, March 3, 2020 at Cape Coral High School @ 6:00pm
- Wednesday, March 25, 2020 at PL Dunbar Middle School @ 6:00pm
- Tuesday, March 31, 2020 at Varsity Lakes Middle School @ 6:00pm

Leisha also shared with the group that she will be working with Sara and Kathy to create substance use and abuse curricula for students at the elementary school level. The State Board of Education passed a rule that all students receive instruction on this subject.

Health Services Update – Beth Wipf shared that we are continuing to work on becoming a Heart Safe School District. We now have AEDs at all 105 schools. We are currently working to get all CERT (Cardiac Emergency Response Team) members up and running. Once the training is complete with all the CERT members, we will qualify as a Heart Safe District. Golisano Children’s Hospital, through a grant, provided all the elementary and middle schools with an AED. It will be up to the School District to maintain the supplies needed for the AEDs – batteries, pads etc. Beth will be exploring different grants to help with this funding.

Beth also shared that the District was recently audited by the Department of Health. A school health liaison comes down every two years to audit clinics throughout the district. Four randomly selected schools were audited, and the audits went very well.

Participating in the Florida Youth Survey - 16 schools randomly chosen middle and high schools were chosen by the state. Classes were also randomly chosen. All surveys are anonymous. It asks about tobacco use, drug use trauma, etc.

Kathy shared that most students are not vaping; however, they believe that their peers are doing it much more frequently than they really are. This is a great example of social norming.

Course to Strengthen Health Education in Florida – Leisha shared that the online Health Certification Test Prep Course was finally released. It took some time to be reviewed by the State which delayed the release. Dr. Helen Martin at the District has approved 10 in-service points for completion. The online course is through Canvas, which is an educational platform and it is free.

There are separate modules for Mental Health and Substance Use and Abuse to try and assist general education teachers to be more comfortable with these topics. Many general education teachers are now being required to cover these topics due to the new State Board of Education rules. They will also be able to get in-service points for completing these modules. This in-service will be also be online, but through a district platform rather than Canvas.

GOOD OF THE ORDER

Heather Parker announced that Bonita Elementary is the first school to get the Blue Zone Award Recognition. The Ceremony will be held on Thursday, February 20 at 8:30 am at Bonita Springs Elementary.

Bonita Springs Middle School and Bonita Springs High School will be the next schools to get certified. There will be PowerPoints created to help other schools to get certified. Going forward every school will be encouraged to get certified. This will be done through the School Health Liaisons.

Becoming a Blue Zone School means that your school makes healthy choices. This program is a staff and student program.

Drug House Odyssey – Deb Comella presented that there were 1000 5th graders that came through the program. This year they did have trouble recruiting schools so Deb will be meeting with the school district to determine why. This program is a 40-minute walk through play targeted for 5th graders. It is a hands-on learning experience.

Heather Parker made a motion to adjourn the meeting, which was seconded by Stan Wiggins.

Meeting adjourned at 9:15am.

NEXT MEETING

Thursday, April 9, 2020