

2018-19 Annual Report of WCPSS School Health Advisory Council (SHAC)

August 20, 2019

Jennifer Zerda, SHAC Chair
Brian Glendenning, SHAC District Liaison

School Health Advisory Council

Advisory group of school and community representatives acting collectively to advise the school district on a Whole Child, Whole School, Whole Community.

The 2018-19 SHAC Members are:

Larry Bauder	Paula DeLucca	Heather Horne	Julie Paul
Jill Clark	Rebecca Foote	Jessica Hook	Ann Rollins
Kelly Creech	Brian Glendenning	Denise Hunter	Tracy Taylor
Jennifer Delcourt	Petra Hager	Michelle Mulvihill	Jennifer Zerda

Whole Child, Whole School, Whole Community Model



Whole Child, Whole School, Whole Community Model



WCPSS Board Policy 6140

The board will maintain a SHAC to help plan, update, promote, and monitor this policy, as well as, address other health and nutrition issues within the school system.

The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues.

WCPSS Board Policy 6140

The council will be composed of representatives from the school system, the local health department, and the community.

The council shall provide periodic reports to the board and the public regarding the status of its work.

Please see Appendix A for full policy.

SHAC Report

The 2018-2019 SHAC Report will offer commendations and recommendations regarding the health and well-being of stakeholders in the Wake County Public School System.

Commendations

- School Wellness Initiatives
- Anti-Bullying Efforts
- Southeast Raleigh Opening
- BeWell Schools
- Trauma Informed Schools
- ACEs
- Advocates for Health in Action
- School Fitness Awards
- Tobacco-Free Community Forum
- Safe Routes to School
- YRBS

Recommendations

- Maintaining Physical Education K-9
- Recognition and support for Active & Safe Routes to School, Brains & Bodies, & Sneakers and Spokes Awards
- Tobacco-Free actions and initiatives to combat use of e-cigarettes in schools

Commendation: School Wellness



Lead Mine Elementary and Weatherstone Elementary were included on the Alliance for a Healthier Generation's list of America's Healthiest Schools.

They are 2 out of 461 US schools.



Commendation: Bullying Prevention

- WCPSS School Counseling held its 6th Annual Bullying Prevention Video Contest. Students produced more videos this year than ever and first place winners were recognized at the School Board meeting on Tuesday, March 19, 2019.
- The Bullying Intervention/Prevention Best Practice Guide was updated
- The Bullying Intervention/Prevention Committee is collaborating with the Office of Professional Learning to create a webinar and/or video.

STAND UP!
PREVENT BULLYING NOW!
SPEAK OUT!

Commendation: Southeast Raleigh Elementary

Southeast Raleigh Elementary will begin its partnership with the YMCA of the Triangle and open their facility that includes an elementary school and a YMCA.



The school will serve more than 400 students and will include a gymnasium, workout space, group fitness room, multipurpose space and an outdoor swimming pool. All of the children who attend the school will be given free swim lessons.



Commendation: Alliance for a Healthier Generation & Poe Center BeWELL Schools



Commendation: Implementation of the Trauma Informed Schools Model

- Implementation of the Trauma Informed Schools Community Resiliency Model (CRM) to support schools that serve a high number of vulnerable children and youth completed it's second year.
- The number of schools participating increased from 2 alternative schools to 16 WCPSS schools
- 139 staff have received training

Commendation: Adverse Childhood Experiences (ACEs)

- Nearly 9,000 Wake County residents have viewed the “Resilience” film through the work of the Resilience Initiative. Community-wide and agency film viewings continue
- Many Wake County agencies have begun implementing Trauma-Informed Care training for staff and practice changes
- North Carolina School Boards Association, showed the film at school boards conference in February and has prioritized ACEs in upcoming trainings for school board members.
- SAFEchild, the new home of the ACEs Initiative, is partnering with Prevent Child Abuse North Carolina, on developing a Wake County Child Abuse Prevention Plan

Commendation: Safe Routes to School (SRTS)

- Wake County Safe Routes to School Project funded by John Rex Endowment 2015 – 2019

1. Northwoods Elementary School
2. Lincoln Heights Elementary School
3. Bugg Elementary School
4. Hodge Road Elementary School
5. Ligon Middle School

- Record number of schools participated in Walk to/at School Day in October 2018 (*47 elementary schools = 35% of all WCPSS elementary schools*)



Bike to School Day 2019 at Powell Center for Play & Ingenuity Magnet Elementary School

Commendation: Advocates for Health In Action (AHA)



After 12 years of service in the areas of ACEs, Local Food Awareness and Changing Practices and Policies, AHA closed their doors in March, 2019.



- ACEs work will continue with Safe Child NC.
- Dig In and electronic resources will continue with the Poe Center.



Commendation: Continued Implementation of the Welnet Fitness Data Collection & Growth Model

The Welnet Fitness data collection application is available for all WCPSS Healthful Living teachers. Personal fitness goals are stressed to students, not the universal proficiency standards.

The following Healthful Living programs will receive award banners based on their performance on the Welnet Cardiovascular Assessments:

Growth

Fox Road ES, Green Hope ES, East Millbrook MS, Apex
Friendship MS, Cary HS, Middle Creek HS

Proficiency

Jeffreys Grove ES, Briarcliff ES, Fuquay-Varina MS, Apex
Friendship MS, Athens Drive HS, Millbrook HS

Commendation: Youth Led Tobacco-Free Community Forum



- Partnership between:
 - Wake County Public School System
 - Wake County Board of Education
 - Wake County Board of Commission
 - Poe Center for Health Education
 - Wake County Human Services
 - UNC Rex Hospital System
 - Wake Med Health & Hospitals
 - Duke Raleigh Hospital
 - American Heart Association
- Panelists included youth, community, municipal, education, housing and business leaders

Commendation: YRBS

- All eligible schools participated in the YRBS with the exception of two (each of which had reasonable barriers that precluded them from participating).
- Over 2,200 students participated.
- 54% of selected high school students and 48% of selected middle school students participated with active consent of parents.
- Because of WCPSS participation, North Carolina was able to reach 60% participation statewide, allowing NC to receive YRBS data that is local to our state.

Recommendation: Maintain Physical Education in K-9

District fitness data shows that students demonstrating proficiency in cardiovascular fitness are achieving at higher levels on End of Grade/End of Course exams than students who do not demonstrate cardiovascular proficiency.

Maintenance or enhancement of current Healthful Living programming is recommended to ensure the overall health of WCPSS students.

Recommendation: Support Safe Routes to School & Local Awards



Wake County Human Services

- Support new Safe Routes to School project.
- Support sharing guidelines with school administrators regarding best practices for walking and biking to school.
- Support development of local awards to replace brains & bodies awards



Bike to School Day 2019 at
Northwoods Elementary
School

Recommendation: Support strategies and initiatives to educate students, staff and community on e-cigarette health risks

- Train & educate teachers, staff, administrators on e-cigarettes and youth tobacco prevention
- Integrate research-based, factual resources for student education
- Consistently enforce 100% Tobacco-Free Schools Law
- Adopt research-based alternative to suspension for student tobacco offenses
- Participate in future NC Youth Tobacco Survey data collection
- Support for Youth Empowerment Groups at High Schools and 2nd Annual Forum

Between 2011-2017 Current Use of E-Cigarettes Increased:

430% ↑
Middle School

894% ↑
High School

Topics for SHAC to Review in 2019- 2020

- Social Emotional Health & Well Being
 - School Safety
 - Employee Wellness
 - Diversity & Inclusion
- Student Health Support Staff
- Other Topics Based Upon Board Input

Questions?