

Highlights of School Health Advisory Board Activities 2010-2011

1. The School Board asked the HAB (Health Advisory Board) to research and report the health risk to students in regard to installing cell phone towers at school sites. The HAB did extensive literature review, consulted professionals at the UVA Department of Electrical Engineering, and convened extra sessions with physicians on the HAB to make a recommendation to the school Board. At the time the HAB made the report to the School Board, there was not enough evidence for the HAB to completely endorse placing the towers or to say that there were health risks associated with the placement of the towers on school property.
2. The Health Advisory Committee recommended to the School Board to create a concussion policy and plan. Pursuant to Senate Bill 652, the 2010 General Assembly amended the Code of Virginia to direct the Board of Education to develop and distribute to school divisions by July 1, 2011, guidelines for policies dealing with concussions in student athletes, and requiring each school division to develop policies and procedures regarding identification and handling of suspected concussions in student athletes.
3. The Health Advisory Board heard updates from June Jenkins, Director of the Safe Schools/Healthy Students Charlottesville/Albemarle Project as they continued to implement the five elements outlined in their \$5.8 million dollar grant. These include: School Safety; Alcohol, Tobacco, and Other Drug Use; Student Behavioral, Emotional and Social Supports; Mental Health Services; and Early Childhood Social and Emotional Learning Programs.
4. Christina Pitsenberger, director of the Child Nutrition Program, is a part of our Board, and we continue to evaluate and support her efforts in this department. She will provide her own report, but highlights include that our nutritional standards go beyond those of state and federal regulations. She is working on getting more whole grains and legumes on the menu; a grant provided fresh local fruits and vegetables at Yancey and Greer; and a combi-oven was installed at AHS, negating the need for a fryer.
5. We are actively revising the policy on head lice.

School Health Advisory Board Recommendations to School Board 2010-2011

1. The school health offices remained busy. Two-thousand and ninety-seven students had diagnoses of chronic diseases in school-year 2010-11. There continue to be increases in the numbers of students diagnosed with life-threatening food and sting allergies (216), autism spectrum disorders, seizures, diabetes as well as other chronic and acute conditions. Clinic visit data compiled annually reveals 176,130 individual visits for the year with an average of 990 student visits per day across the division. It is the recommendation of the Health Advisory Board that the school nurse program not be considered for any funding reductions and support providing continuing education opportunities for the school nurses, especially in new treatments and increasingly prevalent conditions.
2. In the interest of students' physical and mental health, the board continues to recommend that recess (or the middle and high school equivalent) not be withdrawn as an aggregate

punishment – the whole grade or whole class should not have recess rescinded for the behavior of a few students. We also continue to discourage the loss of recess, and the physical and mental release it can provide, for individual students who misbehave. Other incentives and disincentives should be considered for all students in all grades.

3. Some students eat lunch well before 11 am, when school is in session until 3:50. If lunch cannot be later due to scheduling issues, students should be allowed (and encouraged) to eat a healthy snack at some point later in the afternoon.

Highlights of Our Focus for Future Meetings

1. We will be working with Dr. Goodkin, the Concussion Plan Management team, and the Athletic Directors on implementing the concussion policies and plans noted above.
2. We will evaluate our school system's responsibilities and tools for dealing with the epidemic of childhood obesity.
3. We plan to survey middle and high school students on their consumption of energy drinks on the 2012 spring school climate survey.
4. We plan to co-sponsor a viewing of the film *The Race to Nowhere* with the parent council, Western Feeder Pattern PTSO's and the Safe Schools / Healthy Students team.
5. We will continue to consider evidence-based medicine and consistency of policies when making recommendations to the schools and school board

Highlights from the 2010-11 Chronic Conditions and Clinic Visit and Reports include:

1. The Division has a total of 2,169 students with chronic health conditions.
2. **Several students' health problems are medically complex, requiring daily nursing care to perform procedures and/or administer emergency medication.** Our nurses are caring for several students in various stages of cancer treatment and 27 students with type 1 diabetes who monitor blood glucose and take insulin at school. We have over 200 epinephrine injections at the ready for students with life threatening food allergies, and 358 students require inhaled medication at school for the treatment of asthma.
3. A glance at the 2010-11 **Clinic Visit Report** illustrates how busy school health offices are on a daily basis. Impressive statistics include:
 - a. 176,130 visits to the school health offices across the division. This equates to treating 989 students each day, an average of 38 students per nurse.
 - b. School nurses administered approximately 76,000 doses of medications during the 2010-11 school year.