

School Health Advisory Committee (SHAC)

Community Meeting Minutes

Florida Department of Health in Seminole County

April. 18, 2024, • 2:30-3:30 p.m.

Hybrid Live at DOH-Auditorium, Sanford and via Microsoft Teams



Purpose: SHAC's Mission- To facilitate the partnership between our community partners, schools, parents, health & business leaders and promote the implementation of a comprehensive school health approach.

ATTENDEES: Karen Clark, Nicole Johnson, Gladys Fernando, Enid Santiago, Martha Santoni, Sarah Wright, Alice Gibson, Kristin Krebs, Stephanie Jackson, Leticia DeJesus-Ulate, Gigi Rivadeneyra, Michael Weitemann, Jennifer Cicia, Elizabeth Cruz, Erica Vazquez, Patricia Reda, Jennifer Cicia, Arelys Vega Reyes, Denise Dianese, Alfredo Maldonado-Lebron, Kari Brown, Katie Murphy, Kaylesha Webster, Leslie Grubl, Kymberli Dawson, Von Nguyen, Gladys Fernando, Alice Gibson, Debbie Marhee.

Topic	Discussion/Speaker	Action Item/Notes
<p>Welcome & Introductions</p> <p>Review of minutes</p>	<p>Sign In/Call to Order</p> <p>Co-Chairs: Michael Weitemann, BSN, RN, CCRN- Health Services Coordinator, Seminole County Public Schools and Gloria 'Gigi' Rivadeneyra, MS- School Health & PYD program Manager- Florida Department of Health Seminole County</p> <p>Gigi and Michael welcomed SHAC members present and online reminding all that this is the last meeting of the school year and called for review of the minutes. The following items were addressed:</p> <ul style="list-style-type: none">• Gigi reminded members that with the meeting invite School Health Service Plan was included for review, which is renewed every two years for updates and feedback. Gigi thanked various members that helped us with the review process.• Called for review of the minutes today or be send later through email. <p>Michael reminded everyone that April is the Child Abuse Prevention Awareness Month. He expressed that common risk factors include parental stress, substance abuse, and poverty. SCPS has resources but also collaborates with external resources to support families. Early detection is key and noticing red flags and reporting ensures better outcomes.</p> <p>Gigi reminded members that May is the Mental Health Awareness Month. There are resources available thru NAMI:</p> <ul style="list-style-type: none">○ Visit: NAMI- Take a Moment – https://namigo.org<ul style="list-style-type: none">▪ Nami Basics and Family to Family Education: free 6-session or 8-week education for parents, caregivers and family members of youth and adults experiencing mental health.	<p>Minutes reviewed. No edits requested. Edits and updates may be shared via e-mail to gloria.rivadeneyra@flhealth.gov</p>

	<ul style="list-style-type: none"> ▪ Support groups are also free and are available in person and virtual all around the Central Florida area. Support Groups - NAMI Greater Orlando (namigo.org) 	
<p>Guest Presenters</p>	<p>DOH Seminole Positive Youth Development Initiative- Alice Gibson and Debbie Marhee, Youth Facilitators, School Health Program, DOH-Seminole</p> <ul style="list-style-type: none"> • DOH-Seminole facilitates positive youth development workshops for teen youth. • Positive youth development (PYD) is an approach that focuses on developing youth's full potential and provides them with opportunities, relationships, and support to build their strengths and abilities. • It utilizes an engaging brain-based learning approach to strengthen young people's sense of identity, belief in the future, self-efficacy as well as their social, emotional, cognitive, and behavioral competence. • DOH-uses two evidence-based curriculums to facilitate workshops. • The target audience is youth in grades 5 thru 12 who qualify for free/reduced lunch/ and may have limited access to extracurricular activities and positive engaging activities after school. • Collaborating Club Sites include: <ul style="list-style-type: none"> ○ SCPS 21ST Century - Midway Safe Harbor (Sanford), Department of Juvenile Justice - DJJ (Seminole), Altamonte Boys and Girls Club, The Grove - an IMPOWER Program, J. Triplet Center (Sanford), Oviedo Boys and Girls Club, Oviedo YMCA, Leadership Youth & Eugene Gregory Memorial Youth Academy • During school year 22-23 the PYD program served 294 youth across all club sites. • PYD workshops impact the following areas: <ul style="list-style-type: none"> ○ Social Emotional Learning. ○ Academics. ○ Promote healthy behaviors. ○ Provides community service-learning experiences. • Community Service-Learning experience help youth: <ul style="list-style-type: none"> ○ Deal with challenges. ○ Make a positive difference in the lives of others. ○ Learn to make decisions. ○ Give back to the community. ○ Help others. ○ Be able to discover their skills through the experience. • The program is possible thanks to collaborations with many community partners, including: <ul style="list-style-type: none"> ○ E.S.T.H.E.R. Single Mothers Outreach ○ Rescue Outreach Mission Sanford ○ Winter Springs Senior Ctr. ○ Allegro Senior Living ○ City of Oviedo Fire Dept. ○ City of Altamonte Springs 	<p>If you are interested in collaborating with the PYD program or know of potential sites we could be working with, please contact:</p> <p>Debbie Marhee PYD Facilitator/Public Health Educator Office of School Health DOH-Seminole deborah.marhee@flhealth.gov Phone: (407) 665-3430</p> <p>Alice Y. Gibson PYD Facilitator/Public Health Educator Office of School Health DOH-Seminole alice.gibson@flhealth.gov Phone: (407) 665-3435</p>

- Antioch Missionary Baptist Church
- Early Learning Coalition
- GROW Healthy Kids
- Brookdale Senior Living
- Disabled American Veterans Chapter 30
- FL Natl. Guard Counterdrug Program
- Meals on Wheels (Seminole County)

- The team invited members to share opportunities for PYD to expand, including:
 - Potential future PYD sites/opportunities
 - Community service-learning collaborations
 - Speakers
 - Community partnership/outreach
 - Funding ideas

Seminole County Public Schools Wellness Policy- *Kari Brown, Coordinator of Nutrition & Wellness, Red Apple Dining*

- Kari shared the background behind the school wellness policy. SCPS Red Apple Dining team leads the school districts efforts behind the wellness policy. The goal of the local school wellness policy is maintaining a school environment that promote student's health, well-being and ability to learn.
- School districts participating in the federal National School Lunch Program and/or School Breakfast Program must have a wellness policy.
- The policy outlines school district wide goals for nutrition and health promotion, standards and nutrition guidelines for all foods and beverages available in school campuses and provides guidelines for public input and involvement, policy updates, policy leadership, and evaluation plan.
- Policy nutrition guidelines include:
 - Food items sold in schools must meet USDA requirements.
 - Water must be readily available throughout the day and in beverage machines, and machines must meet Smart Snack in Schools standards. These standards require snacks to be high in fiber but low in sodium, added fats and sugar.
 - Guidelines also regulate the availability of certain foods and beverages during the school day in campuses, for example no foods/beverages are allowed to be sold on campus until 30 minutes after the end of the school day, unless operated by Red Apple Dining.
 - The policy also encourages schools to use non-food incentives, host limited fundraisers and the use of campus restaurants as learning labs.
- Guidelines related to health education include:
 - Having interdisciplinary skill-based health education programs, providing students and

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parents with access to valid and useful health information, providing opportunities for students to practice healthy behaviors and teaching students' communication, goal-setting and decision-making skills.

- Guidelines for physical education include:
 - Offering classes that emphasize physical fitness and encourage active lifestyles, provide opportunities to stay active before, during and after school, and meeting state statutes for PE classes.
- Guidelines for health services include:
 - Collaborate with community health resources to promote wellness for families, students and staff.
 - Access to programs that provide health screenings, immunizations and disease prevention for students and staff.
- Guidelines for family, school and community partnership include:
 - Inclusion of family, students, and community partners in the district wellness process.
 - Equality and diversity in planning and implementing of wellness activities.
 - Maintaining community partnerships.
 - Schools and district advocate, develop and support engagement of students, families and staff in community health enhancing activities.
- Guidelines for monitoring and reporting include:
 - Establishing a Wellness committee to assist with policy implementation and compliance.
 - Completing and submitting annual self-assessments to the District.
 - Sharing wellness policy and activities with SHAC for feedback and progress review.
 - Share updates with Superintendent.

Kari opened the floor for feedback from SHAC members and answered questions. She also shared:

- Red Apple Dining is coordinating Summer Break Spots that provide free lunch for students at multiple school sites and community sites. Any youth under age 18 may access these, even from different counties. Information available through Red Apple Dining web page.
- Any feedback regarding the SCPS Student Wellness Policy (attached), please e-mail or call Kari King at: kari_king@scps.k12.fl.us ; PN: 407-320-0092

For more information visit:

Red Apple Dining
[Home - Red Apple Dining \(scps.us\)](http://scps.us)

Summer Break Spots
[Florida Families – Summer BreakSpot Food Service Program](#)

<p>Round Robin & Closing Remarks</p>	<ul style="list-style-type: none"> • Any feedback regarding the School Health Services Plan (attached to SHAC meeting invite), please feel free to e-mail gloria.rivadenevra@flhealth or weiterma@scps.k12.fl.us by April 30th. • Oviedo YMCA Healthy Kids event in partnership with UCF will be hosted April 20th, 2024 from 10:00-1:00pm free to the public. • UCF CARD is offering the 'Preventing Tragedies webinar' tonight at 6:30pm. This seminar is geared toward kids with autism with a propensity for wandering or elopement. But the information would be helpful for any family. Parents can sign up on Eventbrite here: https://safety2024.eventbrite.com • UCF CARD will also be doing water safety and drowning prevention in May. That seminar would be great for anyone with children that spend time in water. The link will be forthcoming. For more information contact: Jennifer Cicia: Jennifer.Cicia@ucf.edu • This Saturday April 20th, the YMCAs in Oviedo and Lake Mary are hosting Healthy Kids Day from 10-1pm. Oviedo YMCA will also have a literacy component and participating youth will receive a swag bag, meals and books throughout the year (Flyer attached). 	<p><i>School Health Service Plan Feedback, please e-mail gloria.rivadenevra@flhealth or weiterma@scps.k12.fl.us by April 30th, 2024</i></p>
<p>Next Meeting(s)</p>	<p>Save the dates for upcoming SHAC meetings:</p> <ul style="list-style-type: none"> ➤ September 19, 2024 ➤ November 7, 2024 ➤ February 20, 2025 ➤ April 17, 2025 	<p><i>Please submit suggestions for future SHAC meetings to Gigi at Gloria.Rivadenevra@flhealth.gov</i></p>
<p>Meeting Adjourned</p>	<p>3:45pm</p>	