



Lincoln Public Schools

6 Ballfield Road, Lincoln, MA 10773

School Health Advisory Council

Report to the School Committee
April 3, 2014

Background

The School Health Advisory Council (SHAC) was established as a requirement of the district's Wellness Policy established by the Lincoln School Committee in June 2006. As stated in the policy's *Statement of Purpose and Process*, the "Health Advisory Council will support the effective implementation of the Wellness Policy as well as monitor the district's compliance with all health-related requirements and monitor national school health trends in order to suggest improvements to the district's overall health program."

Former Assistant Superintendent Paul Naso convened the initial meeting of the SHAC in June 2007 with representatives from school health services, school counseling services, physical and health education, nutrition and food services, the parent community, the larger Lincoln community and school administration. The SHAC meets on average about 5-6 times per school year. Each year we focus on assessing, advising on, and promoting effective programs and practices regarding the eight components of a healthy school: health education; health services; food and nutritional services; counseling and social services; healthy school environment; health promotion for staff; and family and community involvement.

Membership

The current members of SHAC are:

Stacey Clarkin, Wellness teacher, Hanscom
Eileen Dirrane, School Nurse, Hanscom*
Jodi Gorman, Parent
Cathleen Higgins, Food and Nutrition Services Director*
Melissa Nordstrom, Wellness teacher, Lincoln*
Dan Pereira, Director, Lincoln Parks and Recreation*
Stephanie Powers, Student Services Administrator
Laura Regrut, Parent*
Maureen Richichi, School Nurse, Lincoln*, Chairperson
Jena Salon, Parent
Ilene Spiro, Social Worker, Lincoln*

*member since inception

Focus of Work

Since 2007, SHAC has been involved directly with, or offered advice on, the following programs or policy developments:

- District *Wellness Policy*
- District *AED Policy and Program*
- District *Life Threatening Allergy Policy*
- Food in Classroom protocol
- CDC School Health Inventory
- *Healthy Schools Challenge*
- CHNA 15 Lincoln Healthy Communities Grant
- District *Bullying Prevention and Intervention Plan*
- District *Emergency Medical Response Plan*
- Physical Activity Survey (Grades 4-8)

At our meetings we have discussed and offered advice regarding issues and concerns raised by staff and parents:

- Disordered eating
- Sexuality education
- School nutrition
- Students' technology use
- Student stress
- Bullying behavior in school
- Tickborne disease prevention
- Childhood obesity/LPS BMI data
- Inadequate school lunch time

In our last report to the School Committee in May 2009, we reviewed the results of the *School Health Index (SHI-Elementary version)* that was the focus of our work from 2007 – 2009.

This index is a self-assessment and planning guide developed by the Centers for Disease Control and Prevention to provide structure and direction to a district's efforts to improve health promotion policies and practices. The *SHI* assists schools in identifying the strengths and weaknesses of their health promotion policies as well as to develop plans for improving student health. The SHAC is pleased that many of our recommendations have been addressed in some form by the district:

- Develop a district-wide policy to address bullying and harassment;
- Continue to expand *Responsive Classroom*
- Oversight and training regarding safe food/allergy practices;
- Coordination of a comprehensive sexuality education in grades 5-8;
- Strengthen delivery of K-8 health education standards not at the expense of physical activity;
- Increase the physical education times for grade levels at Hanscom Schools to achieve parity with times at Lincoln School;
- Address playground needs;
- Implementation of a breakfast program;
- Dedicated cafeteria spaces in Lincoln;
- Develop a plan to address nursing coverage problems;
- Develop nursing care protocols;
- Enhance faculty training on identifying at-risk students;
- Collaboration regarding student and parent programs on violence prevention and other socio-emotional topics;
- Explore mechanisms for students to provide input on socio-emotional concerns and school issues;
- District representation on the *Lincoln Healthy Communities* grant committee.

Student Physical Activity Survey

Over the past two years we have focused attention on assessing the physical activity of our students *outside* of the school setting. To this end, we developed a survey that will be administered to all students in grades 4-8 this spring. The *Physical Activity Survey* asks questions about students' participation in sports and other physical activities after school and on weekends.

Respectfully submitted,

Maureen Richichi
Chairperson