

May 2009

MCCPTA Health Committee Report

Chair: Susan Young

As I type this report on May 1, the situation with Virus H1N1 (AKA the Swine Flu) is changing daily. However, MCPS and the health departments for our local jurisdictions are communicating frequently with parents and the general public regarding necessary precautions, school closings, etc. I have been in contact with Judy Covitch, who supervises the school nurses for the Montgomery County DHHS, and have offered help in communicating with parents if needed.

Citizen's Advisory Committee of Family Life and Human Development Curriculum

I represent MCCPTA on this committee, and the other members either represent various groups interested in these issues or have been selected by the Board of Education as members of the community. All members of the CACFLHD will have their terms expire this year, and so must reapply (those who are eligible to serve another term). I have reapplied to serve MCCPTA, but the Board of Education still seeks interested community members:

Now Accepting Applications for Members

The Montgomery County Board of Education is seeking community members, representatives of organizations, and public high school students to serve on the Citizens Advisory Committee on Family Life and Human Development. The committee serves in an advisory capacity to consult with professional educators within the school system in the course of their developing, implementing, and evaluating the family life and human development program.

- **Who can apply:** Applicants must be Montgomery County residents.
- **Length of term:** Appointments are for two years for adults and one year (July through June) for students.
- **Application deadline:** Close of business May 12, 2009
- **How to apply:** Applicants must complete an [Application for Appointment](#) (PDF)
- **Appointment date:** Members will be appointed at the Board meeting on June 9, 2009. Applicants do not need to attend that Board meeting.

At the April meeting of the CACFLHD, there was extensive discussion regarding a video that the Committee has recommended for approval (to be available for optional use by high school teachers). In a rare occurrence, MCPS did not accept the committee's recommendation, and decided that the video "The Choices We Make" would not be used due to depiction of racial stereotypes.

MCPS Wellness Policy Committee

This committee, working with the MCPS Office of Shared Accountability, conducted surveys with parents, teachers, administrators and others to assess the current implementation of the MCPS Wellness Policy. The surveys will form the basis for the development of a "toolkit" of strategies for promoting wellness in our schools. The data are being compiled now, and will be available soon.

On a related note, I was fortunate to attend the Maryland State Department of Education (MSDE) Conference, "Making Wellness Work" with Kathy Lazor, MCPS Director of Food and Nutrition. Kathy chairs the MCPS Wellness Committee, but she informs me that MCPS will soon hire a full-time Wellness Coordinator. That position should be in place by July 1, so look for more action on the wellness front within MCPS!

A final tidbit:

- One of the most common complaints MCPS receives from parents (regarding health and wellness) is frustration with fundraisers that sell or promote unhealthy food choices (e.g., candy, cookie dough, restaurant nights). Remember that the MCCPTA website has the following resources at the bottom of the Health Committee page:

Healthy Fundraising, Celebrations, and Rewards – Ideas and Resources

- [Healthy Fundraising Ideas from National PTA](#)
- [Healthy Celebrations](#), Promoting a Healthy School Environment
- [Alternatives to Using Food as Reward](#)
- [Alternatives to Food as Reward](#), Promoting a Healthy School Environment
- [Healthy Fundraising](#), Promoting a Healthy School Environment
- [Sweet Deals: School Fundraising Can Be Healthy and Profitable](#)
- [Raw Deal: School Beverage Contracts Less Lucrative Than They Seem](#)
- **Web site: Resources on Revenue Issues Related to School Foods:**
http://www.cspinet.org/nutritionpolicy/policy_options_revenue/resources.html
- [Creative Financing and Fundraising](#)