SCHOOL HEALTH ADVISORY BOARD RECOMMENDATIONS 2025-26

Mary Sanders, Chair

Jodi Bobbitt, APS Staff Liaison

RECOMMENDATION #1

Increase and promote family engagement opportunities in collaboration with APS Health and PE staff

- Health and PE staff can enhance family engagement by offering inclusive, school-based wellness initiatives that strengthen parent–school connections.
- Increased family engagement supports student wellness and success, reinforces healthy behaviors at home, and contributes to stronger school–family relationships and overall school climate.
- Examples of effective strategies include Family PE Week, field days, Bike/Walk/Roll to School events, family fitness nights, take-home activity challenges, and shared best practices across schools.

RECOMMENDATION #2

Explore opportunities to upgrade current bike fleet used for 2nd and 3rd grade PE instruction

- Current fleet includes about 50 bikes in various sizes and conditions. Bikes are assessed twice a year and staff are advised to replace poor condition bikes with higher-quality, durable and easy to maintain balance and pedal bikes.
- Grant funding has supported some Title I schools, but storage limitations and use restrictions limit expansion; SHAB requests APS grant writer to seek out additional grants to support systemwide bike replacement.

RECOMMENDATION #3

Formally charge the Student Health and Well Being Advisory Council as community involvement team as part of each FLE review period

- Virginia law requires Family Life Education (FLE) curriculum review at least every seven years; APS conducts reviews every five years.
- If the new advisory council structure is adopted, SHAB recommends the Student Health and Well-Being Advisory Council serve as the advisory body for future FLE curriculum reviews in alignment with VDOE requirements and the Code of Virginia.

RECOMMENDATION #4

SHAB requests the Student Health and Well Being Advisory Council be formally charged with reviewing and evaluating the physical and mental health impacts of personal and school-issued devices

- Research links excessive screen use to risks for student mental health, sleep, attention, physical well-being, and safety.
- While APS is reviewing device use in classrooms, the broader mental and physical health impacts of both school-issued and personal devices are not currently addressed.
- SHAB recommends charging the Student Health and Well-Being Advisory Council for the 2026-2027 school year with evaluating the health impacts of personal and school-issued device use and providing recommendations to the School Board.