Fairfax County PUBLIC SCHOOLS
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School Health Advisory Committee (SHAC)

End of Year Report and Recommendations
SY2025-26

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Co-Chairs

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School Health Advisory Committee (SHAC) SY2025-26 Charge

- Address rising **mental health** concerns among Fairfax County students and the connections to sleep deprivation and the use of screen-based **technology** in our classrooms and schools; and

- Examine Fairfax County **Youth Survey** data to monitor trends in consideration of **sleep hygiene** awareness and healthy use guidelines for technologies.

FCPS is a Supportive Community Asset

Hypothesis:

Supportive community assets – the caregivers, educators, and community members that serve as protective factors to counter risk factors in students' lives – play a critical role in student health and well-being.





Data (or lack thereof) Speaks Volumes

Youth Survey data tells us:

- ★ Student mental health has steadily improved over time
- ★ When youth have 3+ positive protective factors/assets in their lives, they are more likely to manage stress, make better choices, and develop healthy habits

But we don't know what we don't know:

- ❑ FCPS is not consistently measuring its programs' effectiveness
- ❑ Certain student populations (e.g., 6th graders, Latinx, LGBTQIA+, multiracial) lag behind
- ❑ FCPS lacks critical guardrails re: use of current and emerging technologies

SHAC Sleep Hygiene Recommendations (1.1 – 1.3)

1.1 — Create a **school calendar** that minimizes student stress and supports academic focus, particularly at the end of quarters and during test windows.



1.2 — Continue to **promote <u>and track</u>** healthy sleep habits.

- 1.2.1 — Wellness across campus
- 1.2.2 — Schoology content
- 1.2.3 — “Sleep Month”



1.3 — Centralize the **Sleep Health curriculum** within the Physical Education curriculum.

SHAC Mental Health Recommendations (2.1 – 2.4)



2.1 — Enhance student device **monitoring**.

2.2 — Enhance the communication, dissemination, and evaluation of **mental wellness strategies and mental health resources**.

2.3 — Implement options **informed by Youth Survey data** to enhance student access to FCPS and community-based services.

2.4 — Monitor the effects of **artificial intelligence (AI)** use, particularly limited memory AI, on youth and student mental health and wellness.

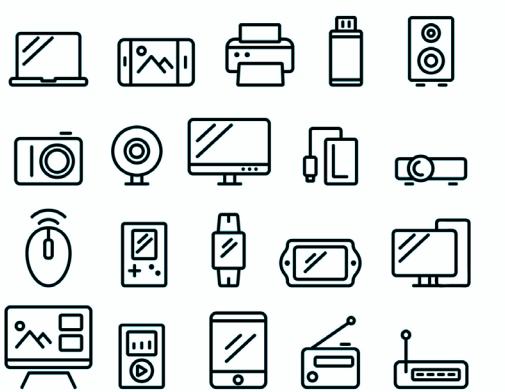
2.1: Enhance Monitoring

2.1.1 – Keyword search monitoring

2.1.2 – Google Suite monitoring

2.1.3 – Inclusion of “Bring-your-own-device”

2.1.4 – Maintenance of Bell-to-Bell Restrictions

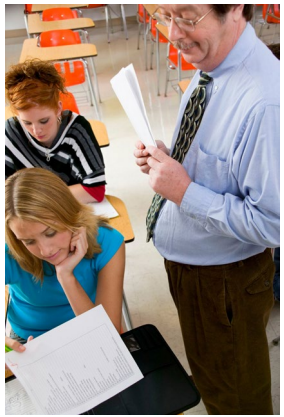


2.2: Mental Wellness Strategies and Mental Health Resources

2.2.1 — Clear and regular communication re: Hazel Health and via Schoology



2.2.2 — Positive feedback





2.3: Leaning into Youth Survey Data



2.3.1 — Tier 1 Wellness Instruction

2.3.2 — Mental Health Workforce Expansion

2.3.3 and 2.3.4 — Vulnerable Population Focus

- ❑ 6th graders
- ❑ Latinx, multiracial, and LGBTQIA+ students

2.3.5 — Youth Survey-guided interventions

2.3.6 — Community Partnerships and Physical Activity Programming

2.4: Artificial Intelligence (AI)

2.4.1 — Hard pause on AI system-wide

2.4.2 — Prohibit use of limited memory AI

2.4.3 — Investigate and report on use of AI



SHAC Technology Use within FCPS Recommendation (3.1)

Fairfax County School Board establish a Technology Advisory Committee.

- ❑ Mental health representation
- ❑ Collaboration with SHAC
- ❑ Revisit SHAC SY2022-23 Report
- ❑ Public discourse and input



Proposed Charge for SHAC SY2026-27

Promote wellness within the FCPS community. Explore data and programs to identify potential initiatives.

Bonus: This charge aligns with all 4 pillars and all 5 goals of the FCPS Strategic Plan 2023-30.



Thank You from (almost) All of Us!



Summary of Follow Up from Previous Year

SHAC SY2024-25 Recommendation	FCPS Responses
Recommendation 1: Address the Impacts of Childhood Sleep Deprivation on Student Health and Academic Performance	➔ Updates to Youth Survey ➔ Sleep Awareness Week promotion ➔ Sleep Health webpage updates ➔ Home Connection letters and sleep health instruction alignment
Recommendation 2: Develop an Intentional and Age-Appropriate Technology Use Framework	➔ Technology use framework in development ➔ Leadership Lab coordination
Recommendation 3: Create a FCPS Division-Wide Culture of Respect for and Awareness of Brain Health - Policy, Strategy & Communications	➔ Bell-to-bell phone-free school days implemented ➔ Digital Citizenship website updated ➔ Continued SEL practices ➔ Sleep, brain health, and technology info disseminated ➔ Wellness Survey/Reporting Tool updated ➔ Student Experience Survey unchanged

SHAC SY2025-26 Recommendations' Alignment with FCPS Strategic Plan

Goal 2: Safe, Supported, Included, and Empowered – Every student will experience an equitable school community where student health and well-being are prioritized, and student voice is centered.

- Measure B: Positive school climate (safety, inclusion, and sense of belonging; academic support; inclusive, academically-focused culture; and teacher-student trust)
- Measure C: Student access to the necessary emotional, behavioral, mental, and physical health services to support their successful engagement in school
- Measure E: Student participation in extracurricular, co-curricular, or leadership activities

Goal 4: Equitable Access and Opportunity – Every student will have access to high-quality academic programming and resources to support their success.

- Measure E: Consistent availability of and accessibility to electives, extracurricular, co-curricular, and enrichment activities

Goal 5: Leading for Tomorrow's Innovation – Every student will graduate ready to thrive in life after high school and with the skills to navigate, adapt, and innovate for a sustainable future.

- Measure B: Attainment of FCPS Portrait of a Graduate competencies and digital and financial literacy
- Measure H: Students innovating and preparing for the future