



Albemarle County
Public Schools
Memorandum

TO: Matthew Haas, Superintendent of Schools
FROM: Kevin M. Kirst, Executive Director of Student Services
Cc: Eileen Gomez, Coordinator of Nursing and Health Services
Christine Thompson, Clerk of the School Board
RE: School Health Advisory Board (SHAB) Recommendations to School Board
DATE: Wednesday, May 29, 2024

School Health Advisory Board Recommendations to the School Board:

1. Opioids Fentanyl and Narcan/Naloxone
 - a. Place opioid reversal spray in AED cabinets at schools given the current prevalence and lethality of fentanyl lacing in unregulated pharmaceuticals as well as the use of other opioids
 - b. Offer education sessions for both students and families through UVa's Department of Pain Management and Opioid Stewardship and permit a parent who lost a child locally to fentanyl poisoning to talk with groups of students about the One-Pill-Can-Kill campaign in conjunction with UVa's Dept. of Opioid Stewardship
2. SHAB supports the Student Wellness Policy and recommends emphasis on:
 - a. Not allowing recess restriction as a punishment.
 - b. Discouraging the use of low-nutritional foods such as candy as incentives or rewards.
 - c. Incorporate more movement into the school day including during instructional time (especially for block-schedules where students are expected to sit for long stretches of time) and provide teachers with resources to do so.
3. Student Mental Health
 - a. SHAB recommends maintaining the Social Emotional Coach program beyond the grant funding period.
 - b. They also recommend incorporating mindfulness (including mindful movement) into the school day for calming and wellness promotion.

Should you have any questions, comments or concerns, please contact Kevin Kirst, Executive Director of Student Services at kkirst@k12albemarle.org or Eileen Gomez, Coordinator of Nursing and Health Services at egomez@k12albemarle.org