



## **CHILD HEALTH ADVISORY COMMITTEE**

### **Minutes**

May 21, 2020 9:00 a.m. – 9:45 a.m. • Zoom Meeting Only

Call to order: 9:05 a.m.

**Zoom:** Tamara Baker, Melinda Kinnison, Patrick Casey, Cheria McDonald, Mike Motley, Matthew Nix, Debie Head, Michele Brown, Dave Oberembt, Lucas Harder, Charles Hervey, Carole Garner, Jerri Clark

**Absent:** Dan Breshears, Loretta Alexander, Paula Rawls, Elaine Prewitt, Debra Stewart, Rosa Hatch

**Staff by Zoom:** Ashley Williams, Shannon Borchert

**Guests by Zoom:** Ariel Schaufler, Brittany Rodgers, Charis Mian, Lisa Mundy, Erin Howie-Hickey

**Review of April 2020 Minutes:** T. Baker moved to adopt minutes; M. Brown seconded the motion. Minutes were adopted.

**Act 1220 & Coordinated School Health Reports:** C. Garner moved to accept reports; C. Hervey seconded the motion. Reports were accepted.

#### **Act 1220 Report (Shannon Borchert and Ashley Williams)**

- Completing Indistar reports
  - Current percentages:
    - School-level: 90%
    - District-level: 97%
- Conducted Foundations of Wellness Training
  - April 30, 2020
  - 18 total participants
- Healthy Active Arkansas Grant: Re-Think Your Drink - 25 School Winners
  - Angie Grant Elementary School
  - Beryl Henry Elementary School
  - Blytheville Elementary School
  - Camden Fairview Middle School
  - Clinton Elementary School
  - Crestwood Elementary School
  - Cross County Elementary Technology Academy
  - Cutter Morning Star Elementary School
  - Gary E. Cobb Middle School
  - Hill Farm Elementary School
  - Lavaca Middle School
  - Magazine Elementary School
  - Nashville Primary School
  - Northside Elementary School
  - Park Elementary School
  - Pulaski Heights Elementary School
  - Randall G Lynch Middle School
  - Raymond F. Orr Elementary School
  - Rison Elementary School
  - Robert Davis Elementary
  - Valley View Intermediate School
  - Walnut Ridge Elementary School
  - Western Yell County Elementary School
  - Wilson Intermediate School
  - Wynne Intermediate School

#### **CSH Report (Lisa Mundy and Ariel Schaufler)**

- In response to social distancing measures, the May CSH meeting was cancelled.
  - School Health Services staff are looking into replacing that in-person meeting with a web-based meeting.
- CSH newsletter was released to give updates to school partners that would have been announced at the May CSH meeting <https://bit.ly/CSHspring2020>.
- Created COVID-19 and distance learning resource folder within CSH shared file
  - As of May 6: 668 total views
  - FaceBook: 425
  - Email, sms, direct message: 214
  - Google classroom: 19
  - Other: 10



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#### **Old Business**

2019 Nutrition and Physical Activity Rules Update: released for public comment until June 8, 2020. Public hearing will be May 26, 2020. If there are no substantive changes to the Rules due to public comment, the updated rules are expected to be before the State Board of Education in June or July. See COM-20-118 <http://adecm.arkansas.gov/ViewApprovedMemo.aspx?Id=4404>

#### **New Business**

**Benefits and Challenges to Extended Recess Implementation** – Dr. Erin Howie-Hickey  
See included slides

Resources provided during presentation:

<https://www.peacefulplaygrounds.com/download/lunch/benefits-recess-before-lunch-facts.pdf>

#### **Member Updates**

Charles Hervey: SHAPE will have an online workshop on June 17, 2020 regarding teaching physical education online. ([www.shapearkansas.com](http://www.shapearkansas.com))

**Adjourn:** 9:45 a.m.

#### **2020 Recommendations Subcommittees Breakout**

##### **Counseling, Psychological, & Social Services**

Dan Brashears

Loretta Alexander

Paula Rawls

Tamara Baker

Mike Motley

Jerri Clark

##### **Health Education**

Michele Brown

Dr. Pat Casey

Dr. Rosa Hatch

Melinda Kinnison

Cheria McDonald

Charles Hervey

Matthew Nix

##### **Nutrition**

Carole Garner

Dave Oberembt

Debie Head

Debra Stewart

Dr. Elaine Prewitt

Next Meeting: Thursday, June 18, 2020 from 9:00 a.m. – 12:00 p.m.  
Freeway Medical Building, 5800 W. 10th, Boardroom 906, Little Rock, AR 72205



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Benefits and Challenges to Extended Recess  
Implementation

Erin Howie  
Assistant Professor of  
Exercise Science

Kristi Perryman  
Assistant Professor of Counselor  
Education and Supervision

- Iowa, North Carolina, South Carolina, Louisiana, Texas, Connecticut, and Virginia all require between 20-30 minutes of daily physical activity, which includes recess and physical education
- States requiring 20 minutes of daily recess include Missouri, Florida, New Jersey, and Rhode Island

(Shammas, 2019)



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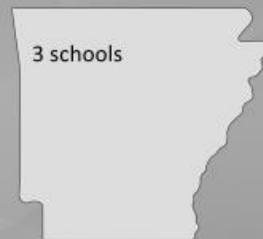
#### Benefits of recess: what does the research say?

- Contribution to total physical activity in the school day
- Lunch effects: food consumption, food waste
- On-task and classroom behavior
- Academic achievement



#### Evaluation of Extended Recess Pilot in AR

1. Recess observations
2. Accelerometers
3. Interviews & focus groups



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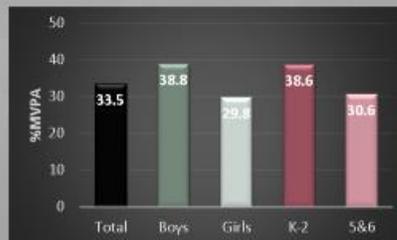
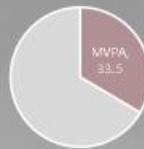
## Recess observations

- Mostly fixed equipment
- Limited adult involvement
- Some safety concerns
- Indoor recess



## Activity monitors

- 95 children
- 33.5 (SD 18.8) % of recess time was spent in moderate-to-vigorous (MVPA) physical activity
- Boys were more active than girls
- Younger children were more active than older children



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## Benefits for students

Changes in Physical Development	Changes in Social Development	
<p>"The other schools probably need to know that it's healthy for us to get more recess." Another also asserted, "Because whenever you actually exercise, your body feels healthy and happy." - student</p>	<p>"I think it leads to more tolerant relationships, when they learn how to play together and be together." - teacher</p>	<p>"They're not as cliquy because they can play with everybody and they have time to play with everybody. They're not as cliquy as they have when they have just 20 minutes." - teacher</p>

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## Changes in Attention, Creativity, Problem Solving

<p>"Learn how to use your recesses - run, play, scream, holler, jump up and down, wiggle, get it out of your system, and when they come back, they're ready to learn." - teacher</p>	<p>"It makes you more energetic and stuff for the next class and stuff and keeps you awake." - student</p>	<p>"Sometimes you can watch them invent games and different things to do with each other, rather than just sitting and doing an art page in the classroom." - teacher</p>
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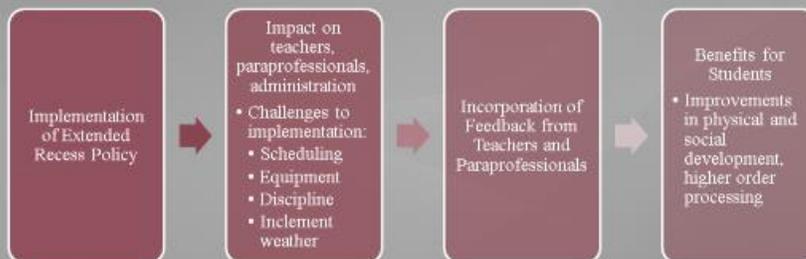
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## Logistical challenges

- Scheduling
- Equipment
- Discipline Alternatives
- Inclement Weather
- Collection of Feedback



## Extended Recess Impact Theory



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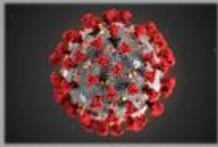


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Next Steps



**Exercise  
is Medicine®**  
On Campus  
University of Arkansas

[ekhowie@uark.edu](mailto:ekhowie@uark.edu)   [klperry@uark.edu](mailto:klperry@uark.edu)



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