

**PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT
WELLNESS COMMITTEE MEETING**

Thursday, September 7, 2017
3:15-4:45 p.m.
District Education Center
Superintendent's Meeting Room

1. Welcome

Richard McAlindin, PYLUSD Executive Director of Instructional Support, called the meeting to order at 3:22 p.m., welcoming everyone and asking the group to introduce themselves and the agency or department they represent.

2. Acceptance of Minutes

The minutes of the May 22, 2017 meeting were accepted as submitted. A representative commented that it might be supportive to agendize an area of the California Healthy Kids Survey for the committee to consider helping with.

3. Committee Member Makeup

Mr. McAlindin sought input from members regarding the makeup of the committee. It was suggested that a secondary student be invited to join the group for input and perspective from a student view. It was also suggested that another parent be invited, perhaps from PTA or the R.E.A.C.H. Foundation.

4. Smarter Lunchroom

PYLUSD Director of Nutrition Services, Suzanne Morales, shared information with the group regarding the Healthier U.S. Schools Challenge. This is a lengthy challenge and will take some time to complete. We need to identify one or two schools to participate in the program. It was suggested that the program be discussed at a Title I Principal's meeting and with PYLUSD Director of ELD/AVID, Minerva Gandara, so that principals can learn the process and work on it together. Orange County Department of Education is able to provide someone to help the principals with the process. Mr. McAlindin indicated that he would speak with Ms. Gandara about the next steps, and Mrs. Morales shared that she will make an outline for the process.

There was discussion on ideas for looking at the total health of the child and the school environment. Parent survey results indicate that parents do not realize how nutritious the food is that comes from our district kitchen.

5. Menu Boards

Suzanne Morales shared that the menu boards and the first week of magnets are at the elementary school sites. Staff is being trained on how to use them, and one-on-one follow up is taking place at each school to ensure staff is using them correctly. Title I menu boards were funded by the St. Jude Wellness Grant, and PYLUSD Nutrition Services funded the remaining 15 boards. The boards are 3 feet high, sandwich board style, and have pictures of available foods. The magnets are color-coded to represent the food groups and match the “My Plate” graphic. Nutrition Services staff at each school will receive some talking points to help them teach students how to use the menu boards to make wise food choices.

Principal of Ruby Drive Elementary, Diana McKibben, shared that the staff likes the boards and they are being effective.

6. State Water Resources Control Board Lead Sample of Drinking Water in California Schools

Parent representative, Farrah Northcott, shared that environmental health and wellness is important and asked if the district water supplied through drinking fountains has been tested for lead. Richard McAlindin shared that district staff has reached out to all four municipalities that supply the district with water. Sites will undergo water testing to make sure there is little to no lead in our drinking water fountains, but staff wants to test all sites within a condensed amount of time to get the results. The water districts are working with PYLUSD Facilities department to work out the timing of the testing. The goal is to have all testing done before the end of the 2017-2018 school year.

Ms. Northcott will provide documentation that Yorba Linda Water is sourcing water from Northern California. There was a question raised whether the piping is the concern, and Mr. McAlindin shared that it seems as though that may be one of the issues.

[Yorba Linda Water District.pdf](#)

7. Hydration Stations

Mr. McAlindin shared that we currently have hydration stations at Yorba Linda High School, Valadez Middle Academy, Valencia High School, Kraemer Middle School, and Travis Ranch School. These stations replace a current water fountain and supply filtered drinking water. Students bring their own container to fill at the station. We have had good success with the stations currently in place. There is interest in expanding them at all schools, but they run approximately \$4,500 - \$5,000 per station. Installation cost fluctuates based on location, plumbing, and electrical outlets that currently exist. The cost of filters is sustainable at approximately \$200 each.

Richard McAlindin reminded the group that we previously discussed using grant monies for warmers to serve hot foods during dinner hour at Title I schools. The idea was later presented that we could use grant dollars to add hydration stations instead, because PYLUSD Nutrition Services has funding available to purchase the food warmers. Since grant funds may only be used at Title I schools, staff will study how many hydration stations could possibly be installed using those funds.

Principal Diana McKibben shared that Ruby Drive is putting in a hydration station at the present time, using funds from their gift account.

8. Infographic

The infographic brochure was presented to principals at their meeting on September 7, 2017. Elementary principals were very receptive to the infographic, as it gives them something to refer to when parents challenge them about unhealthy snacks and food choices. In addition, the infographic supports the PYLUSD Administrative Regulation.

Principals had some good feedback, which included:

- Have two versions of the infographic; one for elementary, one for secondary
- Re-word the secondary version, taking out class parties and substituting “break” for “recess”
- Change the child play graphic for secondary schools
- Increase the font size and change the color (white font is hard to read)
- Clarify restricting recess relative to PE

Suzanne Morales will implement the changes on the current infographic. Once the infographic is completed and approved, it will be sent to all committee members via email and posted on the district website. A committee member suggested it be translated into Spanish (perhaps on the reverse side) and sent to all parents. If the infographic is web-based, parents could click on their language for translation. Ideas for non-food fundraisers and non-food party ideas will also be placed on the website.

A committee member suggested that each topic on the infographic be highlighted once a month as a reminder for parents. Cindy Rex, principal of Fairmont Elementary, shared that she would use it to highlight topics as events occur.

9. Items from the Floor

Barry Ross from St. Jude suggested that the committee develop some type of campaign after the first of the year to support health.

A representative shared that they were excited to see that the Parent Handbook has been updated with wording that follows the PYLUSD Administrative Regulation.

Farrah Northcott shared the following attachment as information for the group:
[Non-Food Rewards 1.pdf](#)

The next meeting is scheduled for November 16, 2017 at 3:15 p.m.

The meeting was adjourned at 4:25 p.m.