

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING MINUTES

Thursday, October 11, 2018
3:15-4:45 p.m.
District Education Center
Board Room

WELCOME

The meeting was called to order at 3:21 p.m. by Richard McAlindin, PYLUSD Executive Director of Instructional Support. Mr. McAlindin welcomed the wellness liaisons who are funded by the St. Jude Grant, and asked committee members to introduce themselves.

ACCEPTANCE OF MINUTES

The minutes of the May 31, 2018 meeting were accepted as submitted.

MENTAL HEALTH UPDATE

Richard McAlindin shared an update on mental health initiatives in the PYLUSD. We are seeing more mental health issues reflected in our classrooms at all grade levels. In response to stakeholder input, Executive Staff and the Board of Education chose to dedicate some of the district's supplemental dollars to wellness. This is an area that will continually be evaluated to make sure our students are receiving the highest quality of support available. In April of 2018 a Mental Health Guidance Committee (MHGC) was formed. The committee identified gaps in the District's existing wellness/mental health services and recommended several supports:

- Elementary schools -
 - a) Registered Behavior Technicians
 - b) Board Certified Behavior Analyst Teacher on Special Assignment (T.O.S.A.)
 - c) Psych interns
 - d) Continue with Outreach Concern

- Middle schools –
 - a) Wellness Specialists
 - b) Mental Health Clinician

- High schools –
 - a) Wellness Specialists

This committee will continue to meet periodically to provide oversight of the program.

Barry Ross from St. Jude asked if there is an opportunity for the wellness specialists to do some peer groups or preventive approaches to drugs and alcohol. Mr. McAlindin shared that we have a new affiliation with CareSolace.org which will help connect families with available resources. Wellness specialists are building a program together and coming up with best practices, curricula, and a referral system. The goal is to reach the greatest amount of students with the time they have available. Since they are licensed, they have lots of contacts. Registered behavior technicians see students referred by teachers for behavior issues. The technicians go to the classroom and modify

the student's day to help them stay on focus and on task, as behavior was an area that teachers identified as important to focus on. We believe that all these supports will help our students. In addition, we have Parent University classes to help parents navigate issues such as prescription drug abuse, how to cope with stress, etc.

A question was raised about the Healthy Kids Survey and whether or not the District is administering it. Mr. McAlindin shared that we take essential questions from the Healthy Kids Survey and put them into our LCAP survey. This allows principals to look at the data and use it for improvement at their site.

RETHINK YOUR DRINK SCHOOL ASSEMBLIES

Melissa Arzivu from St. Jude shared that they have completed 4 assemblies and have 2 remaining to do. Students signed a big board promising to drink more water and less sweetened drinks. St. Jude staff gave them the students a fruit and vegetable lesson and encouraged them to bring re-useable water bottles to school to use at the hydration stations. There were 3,500 pledges from the City of Placentia to "rethink your drink".

HEALTHY COMMUNITIES INITIATIVE

Dr. Michele Mouttapa from Cal State Fullerton shared the plans for Alliance for a Healthier Generation designations, Smarter Lunchrooms Movement menu board results, and the Move More, Eat Healthy results. Now that we have a baseline, the nutrition lessons will be important to teach the students about My Plate and the menu board colors. It will be interesting to see the results next year after the nutrition lessons are taught.

There was discussion regarding teaching students about the entire meal for healthy choices, and getting feedback from the committee for questions next year. For the "Move More Eat Healthy" program, the goal is to try to be present at activities where the students are. If there are activities at schools where you think it would be beneficial for the MMEH group to come, please let Tracy Bryars know. Suzanne Morales shared that we want to see a connection between the nutrition lessons and the cafeterias at the schools.

CARESOLACE.ORG

Richard McAlindin, Executive Director of Instructional Support, shared that District counselors indicated the need for a resource to help families find qualified care for mental health support in substance abuse, etc., outside of the schools. Following Board approval, the District contracted with an organization called CareSolace. This is an online resource available to families and staff free of charge. CareSolace matches vetted counseling agencies in the area with the user's current medical insurance provider. All insurances are listed, including Medi-Cal, and options for those with no insurance. The service is available 24 hours, 7 days a week. Participants answer 10 simple questions and the CareSolace site gives them options of providers who are covered under their insurance. From the choices that are offered, the user can live-chat, and book appointments.

Wellness Specialists, Principals, Counselors, and Psychologists will be trained on how to use the resource and share with families. The goal is to help district families link to agencies in our community for help.

GRANT UPDATE

Nate Babcock and Nadia Moya met with Richard McAlindin and have developed nutrition lessons. Nadia shared that they considered using Dairy Council lessons; 3 for upper elementary and 3 for lower elementary. PE specialists will teach the nutrition lessons during physical education. Training for PE specialists will take place in November and December, and lessons will begin in January. The lessons will be taught in all elementary schools, not just Title I schools. Diana McKibben, Principal at

Ruby Drive Elementary requested a summary poster after the lessons to be posted in each classroom, or outside the school kitchen, to reiterate the lesson.

Regarding the Alliance for Healthier Schools application, the Alliance is changing a little bit, including more questions and modules. Nadia Moya will attend a training on the new requirements and she will reach out to the Wellness Liaisons in December to work on completing their school health index.

WALK TO SCHOOL DAY

Nadia Moya from Orange County Department of Education shared that about 6 schools signed up through the OC Health Care Agency to participate in Walk to School Day. The event was a big success around the county. There were suggestions to turn the event into a Walking Wednesday, or Fit Friday. Suzanne Morales shared about “walk stops”, called “Walking School Bus”. If schools are interested in this program, the OC Health Care Agency can help get that started for you.

The meeting was adjourned at 4:45 p.m.

Next Meeting:

December 13, 2018

3:15 – 4:45 p.m.

District Education Center

Board Room