

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING

Thursday, January 18, 2018
3:15-4:45 p.m.
District Education Center
Technology Training Lab

1. Welcome

The meeting was called to order at 3:17 p.m. by PYLUSD Executive Director of Instructional Support, Richard McAlindin. Richard welcomed the Title I Wellness Liaisons joining us for the first time at this meeting. The liaisons are being provided by funding from the St. Jude Grant. The hope is that the liaisons will share information from the Wellness Committee to the school sites and act as a link of communication for the sites to make the committee aware of their needs.

If you have events at your sites that you want to add to the agenda, please email to Georgia Danenhauer (gdanenhauer@pylusd.org). Dareen Khatib shared that the Orange County Department of Education partners with St. Jude in using the district wellness policy and assisting school sites with areas to help with wellness.

Tracy Bryars shared that the Title I schools will be participating in the Alliance for a Healthier Generation's Healthy Schools program. The Wellness Liaisons will be working with OCDE and St. Jude to complete the necessary assessments and apply for the recognition. Nadia Moya, OCDE team lead, is helping schools to complete the assessment.

2. Acceptance of Minutes

The minutes of the November 16, 2017 meeting were accepted as submitted.

3. Melrose Dental Clinic

Richard McAlindin shared the exciting news that again this year, the Placentia Rotary, in partnership with AYUDA International and the USC Dental School will be offering a free dental clinic to students and families at Melrose Elementary on March 3, 2018. Last year they examined and helped 119 students on one Saturday. The group brings equipment and sets up in the Melrose gymnasium where they are able to do fillings, extractions, and provide basic dental services for students in need. The clinic is primarily for students from Melrose, but if there are students from other sites who need the services, they will help them as well. Jon Matson, our McKinney-Vento liaison, will provide some names of students who can benefit from the clinic. Eastside Christian Church will send parent volunteers to help with supervision of children who are waiting for services. Susan Swinford (sswinford@pylusd.org) at Melrose is the person to contact if you have a student in need of the program.

Barry Ross asked if we could provide a list of Medi-Cal dental clinics to the families for ongoing dental care, in addition to this Saturday clinic. This would help the parents for future care. There was discussion about possibly setting up a table for "Rethink Your Drink" at the Melrose dental clinic as well.

4. Infographic

Suzanne Morales, PYLUSD Director of Nutrition Services, shared that we are ready to launch the infographics. Copies were given to committee members, for both elementary and secondary schools. The plan is to make posters of the infographics for school offices in order to communicate to staff and parents pertinent pieces of our Wellness policy.

In developing the infographics, district staff assessed how many of our school site staff knew we had a wellness policy and what was in it, as well as determining if our policy follows education code and state and federal law. We have now revised the policy to match the law and will communicate it to staff and parents. In the future we will go further into making our wellness policy go beyond the minimum required by law.

There was discussion regarding the wording about using recess or lunch for discipline in the classroom under the “physical education” block. It was agreed that the word “regularly” would be added, making the sentence read, “Recess should not be used or withheld *regularly* for discipline in the classroom”.

The group discussed how many parties schools are allowed to have each year. State policy provides for three classroom parties per school year. One thing to remember is that there are always alternatives to food; pencils, school supplies, etc. A party does not have to include food. Parties must be held after lunch.

There was discussion on adding a line at the bottom of the infographic as to where the student wellness policy is located on the district website, as well as how best to communicate the policy to staff and parents. The first step is to get the posters in the front offices; next steps can be discussed, such as sending the infographic out as an email to parents, etc.

Suzanne Morales shared that student wellness information is being added to the Parent Handbook, which is sent to all parents at the beginning of the school year. Parents are asked to sign an acknowledgement that they have read the district rules and policies included in the handbook. In addition, a dropdown will be added to the parent resources tab on the district website, taking them directly to the wellness policy. OCDE is willing to offer trainings and parent education to help with the transition of the policy at Title I schools.

A suggestion was made that this information be sent out at the beginning of the school year and discussed during back-to-school night at each site, as all staff and parents need to hear about the policies.

5. Elementary Menu Board

The elementary menu board was on display for the committee to see. Committee members were excited about this tool being used at district sites to encourage students to make healthy food choices.

6. School Assessment Tool and PYLUSD Scores

Suzanne Morales shared information and district scores for the Wellness School Assessment Tool (WellSAT). The WellSAT measures the quality of the written school wellness policy. This tool is useful because it helps determine our district's key strengths and weaknesses. It also defines necessary goals and tracks mobility towards progress. The areas measured are:

- Nutrition education
- Standards for USDA child nutrition programs and school meals
- Nutrition standards for competitive and other foods and beverages
- Physical education and physical activity
- Wellness promotion and marketing
- Implementation, Evaluation and Communication

PYLUSD did a great job and came out #4 in the ranking of Orange County schools. This is a culmination of the work this committee has done over last couple of years. Suzanne thanked everyone in the group for their help.

7. Review Wellness AR

Due to new state regulations, Staff is proposing a minor change to the district wellness administrative regulation. This minor change is reflective of new laws, but the remainder of our policy remains strong. The proposed change is under Section E – Procedures. New wording also states we should encourage a student to be on the committee.

8. AB841 – Healthier Foods in California Schools

AB841 is new legislation signed into law by Governor Brown which includes language prohibiting advertisement of non-nutritious foods on school campuses. In addition, schools are no longer able to use corporate incentive programs that offer free or reduced prices on non-nutritious food items, and fundraisers promoting non-nutritious foods are also banned.

The current PYLUSD district wellness policy prohibits marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means, to adhere to all state guidelines.

The goal of the Wellness Committee is to educate district staff, PTA's, parents and students regarding this policy.

9. PYLUSD Fitnessgram

Barry Ross from St. Jude Hospital shared a PowerPoint presentation on the district Fitnessgram scores, which are mostly good. However, there are real disparities in the district, especially within our economically disadvantaged population. This is why St. Jude focuses on the Title I schools and why recess, PE, and after school programs are important. There was discussion as to possible reasons why some schools have improved significantly and others have not. Parent education may be a key. A goal of the Wellness Committee is to change the culture of health in the communities.

Discussion was held on the best way to get the Fitnessgram scores out to schools and parents. The data is put into Aeries, so it was suggested that a data summary be run and given to principals to share with their staff and parents. In addition, it was requested that a narrative be given along with the summary so that principals have some context for delivering the results to staff and parents. It was suggested that the Directors of Elementary and Secondary Education instruct the principals on the best way to share the information. Principals may also find results for their sites by visiting the California Department of Education website and searching “Fitnessgram Results”.

St. Jude can come up with a sheet with results for all district schools over a three-year span. Dareen Khatib from OCDE offered to work with the schools to help figure out the best way to share out the data, focusing on how it impacts academic performance and other fields we are tracking (absenteeism, performance, suspensions, etc.).

The next meeting is scheduled for Thursday, March 29, 2018 at 3:15 in the District Board room.

The meeting was adjourned at 5:00 p.m.