

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

Thursday, March 29, 2018
3:15-4:45 p.m.
District Education Center
Board Room

1. Welcome

The meeting was called to order at 3:20 p.m. by PYLUSD Executive Director of Instructional Support Richard McAlindin. Nick Fiore from Esperanza High School and Claire Griffiths from Yorba Linda High School joined the group as student representatives.

2. Acceptance of Minutes

The minutes of the January 18, 2018 meeting were accepted as submitted.

3. Melrose Dental Clinic follow up

In partnership with AYUDA International and the Placentia Rotary, PYLUSD hosted a mobile dental clinic at Melrose Elementary on March 3, 2018. Dental students from USC Dental School, under the supervision of licensed dentists, treated 65 children and adults in need of dental care.

Richard McAlindin thanked the PYLUSD nurses and Susan Swinfard for coming in and organizing the event and inviting families to participate. Michelle DeHaven, Lead District Nurse, also thanked the volunteers from the Move More, Eat Healthy, Rethink Your Drink group for helping with the event.

4. Wellness posters

PYLUSD Director of Nutrition Services Suzanne Morales shared the completed Wellness posters with the group. These posters will be laminated and placed in school offices as a tool for office staff to remind parents of our Wellness Policy and what we aim for as far as health in children. Copies of the posters will be put on the District website, and revisions will be made to the Parent Handbook in May which reflect the information contained on the wellness posters.

Nick Fiore and Claire Griffiths agreed it would be helpful to send the poster and Wellness Policy to club leads, activities directors, and athletic directors at each middle and high school so that they plan their fundraisers accordingly

5. Local School Wellness Policy Workshop

Nadia Moya, Project Manager of Nutrition Services at Orange County Department of Education, invited the group to a Wellness Policy Implementation Success Workshop on April 11, 2018 @ OCDE.

6. St. Jude Grant update

St. Jude provides resources to our school district. This year's grant funds hydration stations and wellness liaisons at all 6 Title I schools. The following three items are updates relative to the grant.

7. Alliance for Healthier Schools Initiative Applications Update

Nadia Moya shared that we have begun the process of Alliance for Healthier Generation assessment at Title I schools. This assesses where schools stand in many wellness areas. OCDE assisted the Wellness Liaisons with working on the assessment to get ready for the actual application. We are not ready to apply this year, but the goal is to take the action plans we have set up and work on getting ready to apply for Bronze, Silver or Gold status. OCDE plans to meet with the liaisons before the end of the school year to get action plans in place in order to apply in April 2019.

8. Hydration Station update

Richard McAlindin shared that a contractor has been assigned and hydration stations for the Title I schools have been purchased. The station at Rio Vista has been completed and installation on the other Title I sites will begin in the next few weeks.

There was a question raised regarding the results of the recent water testing. Results will be shared at the next meeting, after they have been reported to the Board of Education.

9. Rethink Your Drink School Assemblies

Tracy Bryars reminded the group that Rethink Your Drink School Assemblies present healthier drink options to students. The assemblies may either be held in this school year or 2018-19, using the new hydration stations as a lead-in to the assemblies. Nadia Moya and staff from St. Jude are available to help schedule the assemblies.

10. Soda Free Summer Campaign

Tracy Bryars updated the committee on the Soda Free Summer campaign. Last year's campaign was pretty successful, with over 3,000 people pledging not to drink soda during the summer. We are hoping to have more people sign up this summer. The campaign is advertised through the Placentia Collaborative, City Council resolution, and at community events. Our high school representatives shared that they believe high school students will be interested in participating in the campaign and that the best way to promote it and have students sign up might be to have a table advertising it after an assembly, as well as at Open House or Back to School Night. It was suggested that reusable water bottles be given away as an incentive for signing up for the campaign, and one of our high school representatives suggested printing each class year on the water bottle.

11. Items from the Floor

There was discussion regarding the best path for nutrition lessons to be taught, whether in the classroom or through physical education classes. There is curriculum available that can be taught once a month and woven into math and language arts lessons.

Barry Ross inquired if the District has a counselor who can tell us what is available for students' mental health in the district, i.e. universal screening for social-emotional health. St. Jude has resources available to the District to support in this area. He is very interested in looking at preventing substance abuse. Richard McAlindin shared that PYLUSD has a

committee set to meet regarding student health and the mental health component. He may be able to bring some information back to the committee regarding this.

The next meeting is scheduled for May 31, 2018 at 3:15 p.m.

The meeting was adjourned at 4:27 p.m.