

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

Thursday, December 13, 2018  
3:15-4:45 p.m.  
District Education Center  
Board Room

**WELCOME**

The meeting was called to order at 3:22 p.m. by Richard McAlindin, PYLUSD Executive Director of Instructional Support.

**ACCEPTANCE OF MINUTES**

The minutes of the October 11, 2018 minutes were approved as submitted.

**GRANT UPDATE**

Richard McAlindin shared an update on the nutrition lessons that are a component of the Alliance for Healthier Schools application process. The targeted population is Title I elementary schools. Nate Babcock and several PYLUSD Physical Education specialists met with Nadia Moya from Orange County Department of Education and Richard McAlindin. The specialists were able to adapt Dairy Council lessons to develop nutrition lessons for all 22 elementary sites. We will add the nutrition lessons in the 2018-2019 LCAP (Local Control Accountability Plan).

PE Specialist training for the nutrition lessons went well. PE Specialists were able to give input towards the lessons. This provides consistency with all 22 schools. There will be 4 lessons taught in lower elementary grades and 5 lessons in upper elementary grades, from January through June. The lessons are color-coded to match the MyPlate colors.

Regarding the Alliance for Healthier Schools Initiative Award application, Nadia Moya shared that the application has been reorganized and 12 new questions have been added. The award looks at the overall health of the district, services, and opportunities being provided for health education. Once she receives the guide which tells what backup is required, she will meet with the Title I Wellness Liaisons to provide assistance with completing the applications, which close in April.

Four of the 6 Title I schools have had Rethink Your Drink assemblies. Tracy Bryars from St. Jude will follow up to make sure they are all done.

Suzanne Morales, PYLUSD Director of Nutrition Services shared that her department is focusing on marketing so students know what types of food we offer. Members of the Superintendent's High School Advisory Council will be taste-testing and giving feedback at the March meeting. Nutrition Services will conduct middle school taste-testing as well, where students survey students using iPads. At the elementary level, they use CASA students for taste-testing since it is a smaller environment and there is more time. This will also be part of the LCAP.

## **MC KINNEY-VENTO RESOURCE DAY**

Richard McAlindin shared that the district will be hosting a McKinney-Vento Resource Day on March 9, 2019. This will be an opportunity to present students and their parents with learning opportunities and community resources. Jon Matson, the District McKinney-Vento Liaison, was looking for a centralized location provide families with resources. The goal of the event is to provide learning opportunities for students at the Melrose Elementary campus and their parents would be at the Valadez Middle School Academy campus on the same day. Students would receive Saturday School instruction for 4 hours and parents would be given the opportunity to receive parent education (i.e. immigration help, wellness, healthy eating on a budget, etc.). Jon has partnerships with organizations who provide free bedding; Second Harvest would be there to provide vegetables, Eastside Christian Church would donate prizes, and all parents would get a free raffle ticket. Eastside would also provide volunteers to help with the day's activities. PYLUSD Board President, Carrie Buck, shared that the Placentia Collaborative would be part of the resource day, which would culminate in a barbecue for the families. For those with small children, child care would be available. Staff is still working on the scope, since there are over 2,000 McKinney-Vento families. Suzanne Morales shared that if the district is recouping ADA on that Saturday, Nutrition Services can serve breakfast or lunch at no charge. There is also the possibility of presenting a Love and Logic class for parents on this day.

Alexa Wohrman from Orange County Department of Education shared that she can provide us a contact for the Chargers Football Team Play 60 program. These are 60-90 minute sessions, 2 sessions a day, max of 100 students per day that we may be able to provide on the McKinney-Vento Resource Day.

## **CONCUSSION TESTING**

Richard McAlindin shared that PYLUSD has contracted with ImPACT Applications to provide online concussion testing for all high school athletes. The test provides baseline data for students prior to a concussion. If a student sustains a concussion, the baseline test results can be given to the student's doctor to help with diagnosis. Athletes at all comprehensive high schools in fall and winter sports have been tested, and some schools have also tested students in spring sports. The test gives families data to give to their doctor in case of a concussion. In addition, the District has updated concussion protocols and trained personnel on what to watch for, including return to learn protocols.

## **COMPREHENSIVE AED PROGRAM**

Several years ago PYLUSD implemented a comprehensive AED program. All schools have at least one AED on site, with high schools having as many as 6. In order to maintain the program, the PYLUSD Board of Education always approves funding to maintain the devices. New law now requires schools to have AED's, so we are happy to report that the district is ahead of the law and we has a service that maintains the batteries and pads. Monthly trainings are also offered free of charge for employees on CPR/First Aid and AED's. In addition all 9<sup>th</sup> grade Health classes have training in CPR.

The next meeting is scheduled for February 28, 2019 at 3:15 p.m. in the District Board Room. Richard McAlindin thanked everyone for their participation on the committee and adjourned the meeting at 4:18 p.m.