

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING

Thursday, October 8, 2020
3:15-4:30 p.m.
via Zoom

WELCOME

PYLUSD Executive Director of Instructional Support, Richard McAlindin, welcomed the committee members to the first meeting of the 2020-2021 school year. Due to the COVID-19 pandemic restrictions, the meeting was conducted online via Zoom. Since California residents were ordered to shelter at home for several months due to the pandemic, the final meetings of the 2019-2020 school year could not be held. The remaining Wellness Committee meetings for this school year are scheduled for January 21, 2021, March 18, 2021, and May 20, 2021.

ACCEPTANCE OF MINUTES

The minutes of the January 16, 2020 meeting were accepted as submitted.

WELLNESS SURVEY

With the support and partnership of St. Jude Hospital, PYLUSD has been able to accomplish some wonderful things in the area of wellness, including hydration stations at campuses, the "Rethink Your Drink" campaign, wellness posters, Soda Free Summers, Smarter Lunchroom menu boards, farmers markets, hydroponic gardens, and more. It has been a collective effort and we thank our community partners, including OCDE for helping with the Healthy Schools Alliance award.

Suzanne Morales, PYLUSD Director of Nutrition Services, reviewed results of the Wellness Survey that was distributed to staff in 2019, comparing it to the results of the 2014 Wellness Survey to see if we have made progress in the thought processes of staff related to wellness during that 5-year span of time. The numbers look good, and perceptions are positive as to healthy options offered by Nutrition Services. The results show that movement has increased, as teachers are incorporating more movement during the school day. As part of the USDA and State of California regulations, Nutrition Services is required to monitor, come up with goals, and assess what we have done so that we can show growth. Survey results from 2014 to 2019 did show growth. The committee will work to create goals for this year and survey questions may be altered slightly to capture a more broad area of respondents at each grade level.

There was discussion on sharing the results with principals so that they can share them with their staffs, including wellness specialists and physical education teachers. It is important to remember this is a wellness survey, not a nutrition survey, as it encompasses many facets of wellness.

COVID-19

Richard McAlindin updated the committee members on PYLUSD's efforts to stay safe and educate children during COVID-19. Staff has been working all summer to come up with protocols for returning to school safely. The Board has taken action to set dates for return to school in a hybrid model. Elementary students will return on October 21, middle schools will re-open on October 26, and high schools will reopen on November 9.

We are promoting shared responsibility with families so that students or staff that are ill stay home. They may still participate in school online while recovering at home. We have been working on procedures for a systematic way to respond when we have students and staff who present with COVID-19 symptoms. Mr. McAlindin shared the Student Symptom Decision Tree flyer with the group, which explains three levels of risk and how to assess those levels. This resource can be used to assess both students and staff who are experiencing symptoms.

We have expanded health clerk coverage time to 7 hours a day, 5 days per week at most sites. Health clerks, in consultation with district nurses, will use the Student Symptom Decision Tree to assess students and navigate the necessity of separating students at school who present with symptoms. They will have the ability to house the student(s) in an “extended health office”, away from the regular health office, until the student’s parent or guardian can pick them up. District nurses will oversee the distribution of letters appropriate to the level of contact students or staff have had, and principals will receive a spreadsheet of all cases and the communication that has been sent. The District will publish on its website a dashboard, which will list all schools, the number of students and staff on campus, how many COVID-19 cases there are and the percentage of people on campus who have tested positive. This will be used as a tool to determine if a school must close due to a high number of cases.

We appreciate everyone working together during these unique challenges.

SOUTHERN REGION STUDENT WELLNESS CONFERENCE

Farrah Northcott shared that 1600 people across the state registered for this 2-day virtual conference. It was extremely successful. The focus was the physical, emotional, and behavioral health of students. Administrators, teachers, counselors, law enforcement, and community-based organizations participated. Conference webinars are archived and may be accessed beginning in mid-November by accessing this link:

<https://sbcss.6connex.com/event/SRSWC/login>

The agenda for the conference is attached here: [SRSWC Agenda](#)

Richard McAlindin shared that he enjoyed the conference and looks forward to next year’s conference as well.

ADJOURNMENT

Please send any agenda items and ideas for new goals for the committee.

Suzanne Morales will send a copy of the PowerPoint survey results to the group, and will include the comments that were submitted.

Nadia Moya shared that OCDE has worked with Dairy Council to transition all K-5 Dairy Council nutrition lessons to distance learning. Those are ready to be shared with teachers. Richard and Nadia will meet to discuss the best method to get those nutrition lessons into the hands of teachers who would like to use them.

Farrah Northcott thanked the district staff for all their hard work to create this new schedule and voiced her support for what we are doing for our students. Tracy Bryars also voiced her admiration for the strategic way we are preparing for students to return safely.

The next meeting is scheduled for January 21, 2021 at 3:15 p.m.

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