

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING

Thursday, February 28, 2019
3:15-4:45 p.m.
District Education Center
Board Room

WELCOME

Richard McAlindin, PYLUSD Executive Director of Instructional Support, called the meeting called to order at 3:27 p.m.

ACCEPTANCE OF MINUTES

The minutes of the December 13, 2018 meeting were approved as submitted.

ALLIANCE FOR HEALTHIER SCHOOLS UPDATE

Nadia Moya, Youth Engagement Project Manager for Orange County Department of Education, shared that she met with the Title I school liaisons to complete assessments for the Alliance for Healthier Schools application. All schools will qualify for Bronze level, with one school being very close to qualifying for Silver level. The application is open from April 15 – May 1, 2019, so the schools have time to collect documentation and upload it to the application and OCDE will assist with that. Part of the award requirement is that the site hold four wellness meetings, so the Title I schools will be working to meet this requirement. In addition they will bring information on the Wellness meetings to their School Site Council meetings and this will be part of the documentation that is submitted.

NUTRITION LESSONS

Nutrition lessons have been created and staff elected to expand these to all 22 elementary schools, not to the Title I schools exclusively. Nadia Moya shared that some Dairy Council curriculum lessons were adapted to be helpful to the PE teachers who will be teaching the nutrition lessons. There are four to five lessons for lower elementary, and one additional for upper elementary. They are playground-based and designed for regular PE days. These lessons also strengthen the application for the Alliance for Healthier Schools award.

PYLUSD Executive Services purchased supplies to help with the lessons. PYLUSD Director of Nutrition Services, Suzanne Morales, indicated that she would like to create collaboration and connection between the cafeteria and nutrition lessons, so as to reinforce the nutrition part of the curriculum.

WELLNESS FAIRE (March 9, 2019)

PYLUSD Board President and President of Placentia Collaborative Carrie Buck shared about the collaboration of different groups for the Wellness Faire taking place for McKinney-Vento and needy families at Melrose Elementary and Valadez Middle School Academy on March 9, 2019. Saturday School activities will be provided for students and there will be approximately 36 booths for parents to visit and receive community information from. Volunteers from Eastside Christian Church will be on hand to help with childcare. There will be raffle items and a barbecue for the families at the end of the day. Suzanne Morales suggested that PYLUSD Nutrition Services could serve breakfast as well, since it's a CEP (Community Eligibility Provision) school, and there is an education component taking place that day. Tracy Bryars indicated she will ask the Orange County Food Bank if they can donate fruit for the event. Second Harvest Food Bank will distribute free food to families as they leave the event.

Families from Melrose, Rio Vista, and Valadez schools were invited to attend and District busing will be available for families with no transportation.

PLACENTIA YOUTH RESIDENT LEADERSHIP ACADEMY AT VALENCIA HIGH SCHOOL

Tracy Bryars shared that St. Jude Hospital will implement a six-week after school training program for youth, providing students an opportunity to learn and understand determinates of health. There are currently 30 students signed up. Students will identify a project to improve the health of their community and work on that during the six-week program. At the end of the sessions, they will meet with a community organization and present their findings to see what can be done to help improve community health. The hope is that these students will continue to be advocates for health in their communities. It may spread to other district high schools if the program goes well.

PICK YOUR FAV CAMPAIGN

Pick Your FAV program is part of the St. Jude Medical Center supported "Move More, Eat Healthy" campaign and is a commitment to being healthier by pledging to eat more fruits and vegetables, making half of your plate at every meal consist of fruits and vegetables. There are five events in Placentia and so far 548 pledges have come in. The group suggested having an information table at school Open House nights, as the pledges can be made by staff, parents, and students. This would be an individual site decision whether to allow the information table. Melissa Arzivu from St. Jude will reach out to the principals, and it was suggested that the program be offered to PTA's to garner support. All materials distributed must first be reviewed by PYLUSD Educational Services department.

CSUF KNES

Tracy Bryars shared that this is a program which takes place at community parks and involves Cal State University Fullerton kinesiology and physical therapy students coaching at local parks. The program runs through the month of May. There is no cost to the program where kinesiology students do once-a-week coaching with children and anyone in the community. Efforts are ongoing to try to have the program throughout the year.

RECESS WELLNESS ACTIVITIES/SUGGESTIONS

Diana McKibben, Principal at Ruby Drive Elementary, is looking for suggestions for wellness activities to implement at her site. Some suggestions were to have CSUF Kinesiology students help for 20 minutes in the morning or late afternoon; starting a running/walking club before school; hosting "Funky Fridays", which is a dance where parents are the disc jockeys, encouraging everyone to move more; check gonoodle.com for movement ideas.

WELLNESS SURVEY

Part of the wellness group and federal wellness policy requirement is that the District assess our goals. In the past we have surveyed teachers and staff, asking what they know about the wellness policy. Suzanne Morales suggested we send out a follow-up survey to our schools to see how we have progressed and what we have accomplished. We have had great strides in our district with student wellness, so we need to capture that information.

ADJOURNMENT

The next meeting is scheduled for May 23, 2019 from 3:15 – 4:45 p.m. in the District Board Room. The meeting was adjourned at 4:30 p.m.