

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

Thursday, May 31, 2018
District Education Center
Board Room

1. Welcome

The meeting was called to order at 3:21 p.m. by Richard McAlindin, PYLUSD Executive Director of Instructional Support.

2. Acceptance of Minutes

The minutes of the March 29, 2018 meeting were accepted as submitted.

3. Mental Health Update

In an effort to help keep our schools as safe as possible, the PYLUSD Board of Education approved a contract with Raptor Technologies for scanners at all 35 school sites. Every visitor to a school site will go through a screening process by presenting their ID to office staff. The scanner will search the Megan's law list in all 50 states, alerting staff to offenders. In addition, schools may enter identified restraining orders into the system. In addition to the scanners, PYLUSD is adding security cameras to the four comprehensive high schools.

Staff is also looking into a badging system for employees and substitutes which will prove that they are vetted, as well as exploring remote control fob systems for front offices to lock front doors quickly. Lock blocks have been installed on all doors where this application will work, and staff is looking into other options for pod doors, and those that do not open outwardly.

Staff has concluded site walks of all campuses in relation to gates, looking at vulnerable areas. Plans are in place for repair of fencing and gate issues as necessary on all campuses, so we are making great strides in the area of safety.

Regarding the mental health of our students, a significant amount of funding has been set aside and a committee has been formed to look into areas of early intervention and how to help students currently in crisis. The committee will evaluate our current programs such as Outreach Concern, and behavior intervention, as well as considering the inclusion of Orange County Mental Health Agency curriculum in grades K-3, 5th or 6th grade, and 8th grade. This curriculum would be provided by a mental health professional. In addition, the Orange County Sheriff's Department has a substance abuse curriculum that would prove helpful to our students. Many different ideas are being considered by the committee which is considering all the programs we currently have in place and finding where there are gaps. More details will follow in the fall.

Barry Ross from St. Jude Hospital suggested using the "Promise to Talk" program. St. Jude also has additional resources that can help in the area of mental health.

4. Wellness Section – Parent Handbook

Each year the PYLUSD Parent Handbook gets updated. Last year we added a student wellness section which touched on the major pieces of our student wellness policy in the

handbook. The committee discussed the current section and made some suggestions for improvements, including:

- Food in class
- Smart snacks in school
- Food sales on campus
- How to be part of the committee
- Adding a list of items parents can supply for birthdays, as opposed to food snacks
- Non-food rewards for student achievement

Principals may direct parents to the District Wellness Policy, which is based on the law. Suzanne will add links to the law to the wellness section of the parent handbook.

5. Review Wellness Policy

Suzanne Morales, PYLUSD Director of Nutrition Services, reviewed the Wellness Policy with the committee. It was suggested that we set measurable goals in September so that by this time next year we can see where we have improved. We need a plan, a goal, and an outcome. Suzanne will meet with the PTA presidents to talk about non-food fundraisers.

6. Wellness Posters update

Regarding the District wellness posters, the following have been completed:

- Posters have been translated into Spanish
- All schools were sent posters and were asked to post them in prominent places
- Principals have requested the posters electronically in order to place them on their school websites

7. Alliance for Healthier Schools Initiative application

There was discussion as to the best setting to teach the required nutrition lessons at the Title I elementary schools. It was decided that moving forward to the fall, the lessons should be taught by the PE specialists. Dairy Council lessons will qualify. Candice Sainz from the Dairy Council shared information about the lessons which promote all 5 food groups, are grade specific, and align with Common Core. These teacher-friendly materials are free of charge to all California teachers. The key is consistency. In order to reach silver status in the Alliance for Healthier Schools, the topics taught are important. The 5 lesson series, *Harvest of the Month*, is one that covers all requirements.

The goal of the committee is for PYLUSD schools to reach silver status by next year. Nadia Moya from Orange County Department of Education helped the Title I liaisons complete their assessments last March. All schools have an action plan, and will work toward assessment in order to do the application. Nadia would like to meet with the liaisons before the end of the school year to look at fulfilling the assessments and have an action plan in place in order to begin work on the application in December.

8. Soda-free Summer Initiative

At the April meeting, the PYLUSD Board of Education passed a resolution establishing this summer as a soda-free summer. Tracy Bryars from St. Jude suggested we reintroduce "Rethink Your Drink" assemblies in the fall. These assemblies encourage students to use the hydration stations that have been recently installed.

The next meeting will be held in the fall on a date to be determined. The meeting was adjourned at 4:42 p.m.