

# PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE MEETING

Thursday, June 3, 2021  
3:15-4:30 p.m.  
via Zoom

## MINUTES

### **WELCOME**

Richard McAlindin called the meeting to order at 3:15 p.m.

### **ACCEPTANCE OF MINUTES**

The minutes of the March 18, 2021 meeting included a table of the goals that were discussed at the meeting and were approved as submitted.

### **SOUTHERN REGION STUDENT WELLNESS CONFERENCE**

Farrah Northcott shared information regarding the virtual Southern Region Student Wellness Conference, which takes place July 14 -15, 2021. The audience spans across the state. Participants can register at [www.srswc.org](http://www.srswc.org).

This year there is a family voice component, which allows families to take a picture and write a short narrative representing something they want to communicate about the picture. There is also a video component where they can answer prompts so that their voice can be heard regarding their experiences with COVID.

Nadia Moya from Orange County Department of Education will be one of the presenters. There will be four keynote speakers: Hamish Brewer, Tovi Scruggs-Hussein, Dr. Dan Siegel, and Cali Binks.

### **COVID-19 UPDATE**

Richard McAlindin gave an update on the district's efforts during COVID-19. The guidance changed often during the year, so it was challenging to have up-to-date communication with our families and staff. We are hoping to return to normal in the fall. Some of the safety measures may still need to be in place, but the expectation is that many of the restrictions will be lifted. New guidance will come out in the middle of June, which may affect our summer programs. We also need to consider guidance from Cal/OSHA because schools are considered workplace environments.

We have continued our vaccination efforts, partnering with several different entities. We ran seven different clinics at school sites and the district office, making the vaccine available to staff and families.

### **CONDITIONS OF CHILDREN IN ORANGE COUNTY**

The Orange County Social Services Agency compiled the 26<sup>th</sup> Annual Report on the Conditions of Children in Orange County. The report can be found at:

<https://www.ssa.ocgov.com/about/media/occp/report>

The report studies four interdependent focus areas: Good Health, Economic Well-Being, Educational Achievement and Safe Homes and Communities. Each focus area includes the most recent data for indicators to assess improving or worsening trends over 10 years. According to the data in the report, Placentia-Yorba Linda Unified School District numbers looked very good.

There was some discussion regarding what the numbers might look like post-COVID and some ways to encourage healthy habits in students. Nadia Moya indicated that a task force has been developed to re-imagine the physical fitness test in order to make it more inclusive, so there will most likely be no physical fitness testing next year.

### **MOVE MORE, EAT HEALTHY SUMMER CHALLENGE**

Tracy Bryars introduced the St. Jude summer program designed to encourage everyone to be healthy. As a result of COVID, physical activity declined, so the goal is to encourage everyone to get moving again, working up to a goal of 10,000 steps per day. The challenge began June 1 and ends August 31, 2021. Participants can sign up and those with the most steps each month (adults and children) will receive prizes. The top winners among adults and children will receive an Amazon Fit activity tracker.

Visit this link to register: [Summer Steps Challenge](#)

### **GOAL RECOMMENDATIONS**

The committee discussed ideas for goals for the next three years. The ideas will be presented to PYLUSD Executive Cabinet as recommendations where the final decisions will be made.

The first recommendation was to create a Safe Routes to School Plan. The City of Placentia has reached out to the district regarding this, and St. Jude is interested in supporting this as well. A virtual walkability study was completed, so this should help with decisions regarding what can be done to make routes to schools safer, especially for elementary schools.

A second goal recommendation was to increase accessibility to breakfast by utilizing breakfast in the classroom. The concentration would be in elementary schools, as secondary schools have breakfast currently served at break time. This would be a three-year goal, beginning with a pilot program at one or two schools.

The third recommendation was assessing how schools are implementing the current wellness policy. We can consider sending out a wellness survey to our staff and stakeholders in order to gain assessment.

The fourth goal recommended is to change oversight, specifically at the secondary levels, as to the responsibility of approving on-campus sales, especially for clubs. This would incorporate developing some guidelines and standards in addition to training for the on-campus administrator(s) who would be responsible for the oversight. At the elementary level, this would embrace oversight of PTA sales and room parties.

A fifth goal is leadership development with students, such as the Resident Leadership program. A program exists at Valencia, so perhaps expanding the program could be a goal. Tracy Bryars indicated this is something St. Jude could support and help with.

### **ADJOURNMENT**

Richard McAlindin thanked Nate Babcock and the physical education team for their leadership and hard work.

In addition, he congratulated Diana McKibben on her impending retirement, thanked her for participating on the Wellness Committee and serving the PYLUSD for several years. She has had a great impact on her campus and in the district and will be missed!

The next meeting will be in the fall, and once the schedule is set, calendar invitations will be sent to the committee members.

The meeting was adjourned by Richard McAlindin at 4:35 p.m.

