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| <b>Meeting Minutes:</b> <b>Schools &amp; After-School Domain</b><br><b>August 18, 2015: 11 a.m. – 12:30 p.m.</b><br>United Way of San Diego County<br>4699 Murphy Canyon Rd. Room 100<br>San Diego CA 92123  | <b>Next Domain Meeting:</b> <b>Schools &amp; After-School Domain</b><br><b>September 15, 2015: 11 a.m. – 12:30 p.m.</b><br>United Way of San Diego County<br>4699 Murphy Canyon Rd. Room 100<br>San Diego CA 92123 |
| <b>Attendees:</b> Alexis Munoz, Curley Palmer, Deirdre Kleske, Iven Carotachez, Karee Hopkins, Melissa Roberts, Sharon Hughes, Valerie Provenza (HHSA); Erin Hogeboom, Allyson Diaz (Feeding America SD); Heather Berkoben (Dairy Council of CA); Huong Vu (SDSU IBACH); Jamie Cassutt-Sanchez (Escondido Union School District); Kate McDevitt (UC San Diego Center for Community Health); Melanie Petersen (San Diego Hunger Coalition); Paige Metz (SDCOE); Susi Jones (JUSD Pathways); Shana Bruno, Anne Kashiwa (UCSD); Stan Miller, (CHIP); Tamala Perryman (YMCA) <b>Recorder:</b> Nina Ghatan (CHIP) |  |

| Topic/Issue                              | Discussion   | Action  |
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| <b>Welcome</b>                           | <ul style="list-style-type: none"> <li>Deirdre Kleske led introductions.</li> </ul>  |   |
| <b>Announcements</b>                     | <ul style="list-style-type: none"> <li>Grandparents Raising Grandchildren events: Live Well North Region - 8/29 from 8:30am to 1PM at the San Marcos Community Center: Live Well South Region – 10/17 from 8:30am-2pm at the Chula Vista Learning Community Charter School. The South event includes a college and resource fair for youth and their families.</li> <li>8/19 the South Region subcommittee will convene school districts to discuss best practices at the County Building from 2:30-4:00pm.</li> <li>11/4 is Julian’s 3<sup>rd</sup> Annual Food Day; <a href="#">Susi Jones</a> is looking for interactive presentations on nutrition, cooking, and gardening; contact her if you are interested in presenting.</li> <li>JUSD’s Garden Coordinator learned at an Edible School Garden presentation that if a school received a prior USDA Farm to School Grant, it’s unlikely to will receive another one.</li> <li>Erin introduced Allyson Diaz as the new Kids Program Coordinator who will be attending future meetings. Allyson announced Feeding American SD is opening their partnership period. Contact her for more details <a href="mailto:aldiaz@feedingamericasd.org">aldiaz@feedingamericasd.org</a></li> <li>Dairy Council has free nutrition booklets for parents on healthy eating and nutrition in English and Spanish; contact Heather for materials <a href="mailto:HTroska@dairycouncilofca.org">HTroska@dairycouncilofca.org</a>.</li> <li>9/22 National City is hosting a Health and Wellness 5k.</li> <li>Circulate San Diego is asking partners to rate their streets using the Best Walk smartphone application. The information will help rate walkability of communities, deadline is 9/15.</li> <li><a href="#">Call to Action: San Diego County Childhood Obesity Initiative Action Plan</a> has been updated. Hard copies are available and the document is on the COI website.</li> </ul> |   |
| <b>Physical Activity news of The Day</b> | <ul style="list-style-type: none"> <li>Civil rights groups have filed a racial discrimination complaint with the U.S Department of Education claiming schools are not meeting their legal obligation of providing quality physical education to Latino and African-American children in the state (based on fitness test BMI data).</li> </ul>   | <ul style="list-style-type: none"> <li><b>District reps should notify districts of the complaint and provide them with tools to complete a</b></li> </ul> |

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|   | <ul style="list-style-type: none"> <li>Schools are required to document that students are provided 200 minutes of physical activity in elementary school and 400 minutes in middle and high schools every 10 school days (excluding recess, and before- and after-school programs).</li> <li>Many districts are unaware of the complaint; for more information and resources visit <a href="http://www.cahperd.org/current.html">http://www.cahperd.org/current.html</a></li> <li>Paige recommended encouraging parents, teachers, and school staff to voice questions about physical education.</li> </ul>  | <p>self-assessment of their programs. It will give them a step by step plan.</p>  |
| <p><b>Farm to School Updates</b></p>                  | <ul style="list-style-type: none"> <li>The next Farm to School Taskforce meeting is 9/11 from 10:00 am- 12:00 pm at Carlsbad Unified School District (Resource Training Room).</li> <li>CHIP's 3<sup>rd</sup> Annual Grower's Workshop will be held on 9/23 from 2:00-4:00pm at the San Diego County Farm Bureau office in Escondido. This workshop is for growers interested in selling to institutions.</li> <li>Registration for the third annual <a href="#">Let's Go Local! Produce Showcase</a> is now open! The event is 10/23 from 2:00 -5:00pm with a reception from 4:30-6:00pm at the Leichtag Ranch in Encinitas.</li> <li>8/29 from 9:00 am-12:45 pm is the 2015 Food Forum: Hunger, Agriculture, and Cities event.</li> </ul>  |   |
| <p><b>Healthy Fundraising Champions Promotion</b></p> | <ul style="list-style-type: none"> <li>This project entails finding examples of healthy fundraising at schools, recognizing the schools, and encouraging more schools to try healthy fundraising.</li> <li>We would like to highlight one school in each district before the end of the year; please help us capture the information. We are seeking a variety of options (selling art work, recycling, selling bags, etc., starting recycling programs, etc.).</li> <li>Currently we have four examples representing Chula Vista, plus one each for San Marcos, Escondido, and Vista</li> <li>We have asked 9<sup>th</sup> District PTA VP for Health to help spread word about program.</li> </ul>   | <ul style="list-style-type: none"> <li>Deirdre send Nina updated healthy fundraising flyer and tracking sheet to forward to workgroup.</li> <li>Return completed healthy fundraiser form to Deirdre by 11/30.</li> </ul>              |
| <p><b>Wellness Policy Analysis Results</b></p>        | <ul style="list-style-type: none"> <li>WellSAT tool was used to score district wellness policies countywide based on six categories: nutrition education; standards for USDA School Meals; nutrition standards; physical education/physical activity; wellness promotion/marketing; implementation/evaluation,/communication.</li> <li>Policy language was scored 0, 1 or 2 points each, with total scores range from 0-100.</li> <li>This information can help guide revising and strengthening of wellness policies.</li> <li>Individualized reports will be shared with districts at superintendents' meeting in September, along with a wellness policy template with strong, comprehensive language.</li> <li>There was a short discussion of how data would be used: focus on components where many policies earned low scores; educate parent groups to increase advocacy efforts; inform food service directors to help prepare for administrative reviews; show individualized reports to District Reps to share with district wellness leads to compare district scores to County averages and to guide revision efforts.</li> </ul> | <ul style="list-style-type: none"> <li>Nick coordinate with Melanie for feedback on hunger survey.</li> <li>Deirdre will follow up with district reps to confirm accuracy of question related status of wellness councils.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>• Indicators of Progress results were also reviewed. These scores attempt to measure the impact of the workgroup and focus on three areas: sugar-sweetened beverage reduction, safe routes to healthy places, and active wellness councils. Points are scored when policies go above and beyond minimum federal and state requirements.</li> <li>• Results can be used by District Reps to help schools strengthen wellness polices and connect Wellness Councils with resources and support.</li> <li>• 17 of 40 school districts have active wellness councils, defined as meeting at least quarterly. Research shows a connection between active wellness councils and stronger policy implementation.</li> <li>• Jamie reported that Escondido’s wellness council is expanding to include a representative from each school site. The wellness council and staff wellness committee are holding joint meetings.</li> </ul>  |  |
| <p><b>Promoting Lactation Accommodation Policy at Schools</b></p> <p><b>Shana Wright Bruno<br/>UC San Diego Center<br/>for Community Health,<br/>Lactation Supportive Environments</b></p> | <ul style="list-style-type: none"> <li>• Breastfeeding decreases the risk of obesity: the longer an infant is breastfed, the lower the risk of future obesity; positive relationship between breastfeeding and lower BMI in adults; and sibling that were breastfed weighed approx. 13 lbs. less in adolescence than formula-fed siblings.</li> <li>• Other benefits include lower risk of infections, illness, Type 2 Diabetes, and higher IQs.</li> <li>• School districts have a high rate of women of childbearing age working with inflexible schedules so system-wide change can create a great impact. Benefits to employers/employees include decreased employee absenteeism; increased employee retention, loyalty, and productivity; and reduced health care costs.</li> <li>• Policy adoption helps with sustainability, directives, communication, and compliance.</li> <li>• Policy communication should be provided regularly during the hiring process, before maternity leave, before returning from leave, at principal trainings, in employee handbook, in a resolution, and wellness policy. Designated space should be provided with breastfeeding-friendly signage.</li> <li>• With the assistance of the Lactation Supportive Environments program, 26 of 42 districts have adopted BP 4033 ““Lactation Accommodation”</li> <li>• Lactation Supportive Environments is still working with 5 districts to adopt BP 4033: “Lactation Cardiff, Dehesa, Lakeside Union, South Bay Union, and Vista Unified. <i>These districts could use some encouragement to adopt the policy.</i></li> <li>• <i>School districts without BP 4033 include</i> Encinitas Union School District, Rancho Santa Fe School District, Vallecitos School District, Poway Unified School District, Valley Center / Pauma Unified School District, Ramona Unified School District, and Chula Vista Elementary School District.</li> <li>• School districts where the <i>status of the policy is unclear</i> are Grossmont Union High School District, Alpine Union School District, and Sweetwater Union High School District.</li> </ul> | <p>District Reps to receive information via email on BP 4033 that can be used to encourage districts to adopt BP 4033.</p> |