

Meeting Minutes: Schools & After-School Domain September 15, 2015: 11 a.m. – 12:30 p.m. United Way of San Diego County 4699 Murphy Canyon Rd. Room 100 San Diego CA 92123	Next Domain Meeting: Schools & After-School Domain October 20, 2015: 11 a.m. – 12:30 p.m. United Way of San Diego County 4699 Murphy Canyon Rd. Room 100 San Diego CA 92123
Attendees: Ashley Cassat (SDUSD); Debal Acquaro, Deirdre Kleske (HHSa); Elizabeth Vaughan, Stan Miller (CHIP); Heather Berkoben (Dairy Council of CA); Jamie Cassutt-Sanchez (Escondido Union School District); Kay Stuckhardt (Palomar Health); Melanie Petersen (San Diego Hunger Coalition); Nanette Lopez (Healthy Dining); Susi Jones (JUSD Pathways); Tamala Perryman (YMCA) Recorder: Nina Ghatan (CHIP)	

Topic/Issue	Discussion	Action
Welcome	<ul style="list-style-type: none"> Deirdre Kleske led introductions. 	
Announcements	<ul style="list-style-type: none"> Olivewood Gardens is hosting two upcoming workshops. 10/9: Creating and Sustaining Your School Garden; 11/6: GENerating Healthy Eaters. Contact Diana Bergman for more information at diana@olivewoodgardens.org or (619) 434-4281. Dairy Council is developing a web based high school nutrition education program and is seeking tech savvy teachers to test the program with their students and provide feedback. A stipend will be provided, contact Heather for more details HTroska@dairycouncilofca.org. California teachers passionate about nutrition education are encouraged be nominated for a chance to win one of two \$500 prizes. Deadline to apply is November 13, for more information email: southerncsna@gmail.com 9/30 San Diego Hunger Coalition will be celebrating the end of the Cal Fresh challenge at Draft Republic, tickets are \$25.00. 11/13 COI and CHIP are hosting a sugar-sweetened beverage (SSB) forum from 7:30-11:30am at National University. Guest speakers will present on the physiological impact of SSBs, the impact of the soda tax in Mexico, and policy solutions. Contact Nina for more information. THANK YOU AND FAREWELL TO: Ashley Cassat who will be stepping down as a co-chair for the workgroup due to new responsibilities at SDUSD, and Kay Stuckhardt is retiring from Palomar Health on 9/30. Both partners received recognition, and both expressed the pleasure they received as members of the workgroup. Kay plans to continue to participate in some capacity. We all wish the well as they continue to promote healthy kids and healthy schools! 8/29 (8:30-1:00pm) North Region will host a Grandparents Raising Grandchildren event at the San Marcos Community Center. 12/3 (9-12) Free Workshop “Local Control Accountability Plan: The Wellness Connection,” at San Diego County Office of Ed, in partnership with COI, CDE, Dairy Council, UCSD Center for 	<ul style="list-style-type: none"> Heather email Nina details on web-based tool and Nutrition Educator application. Notify wellness leads to save the date for Wellness in LCAP workshop.

	<p>Community Health and HHS. Wellness leads and other key partners will learn strategies to integrate wellness in LCAP and get tools for monitoring. A flyer will be available soon.</p>	
<p>Legislative Updates</p>	<ul style="list-style-type: none"> • Elementary and Secondary Education Act (ESEA), formerly No Child Left Behind, is up for reauthorization. The Senate version defines Physical Education as a core subject which would allow for additional funding opportunities for PE and PA. • AB 1240 Breakfast After the Bell- would have supported breakfast in the classroom, but it did not pass. • AB 1321 Nutrition Incentives Act- would match funding for the purchase of local produce at farmers markets and corner stores. Legislation passed, but it is unfunded. • AB 608 CalFresh: School meals- did not pass • AB 292 Time to Eat- would provide students a minimum of 20 minutes to eat; currently is being held in the Senate Appropriations suspense file. • SB 334- requires annual water testing at schools sites to ensure quality and safety. In addition, schools are required to provide clean water to students and increase water sources on campuses. The bill was enrolled and has been presented to the governor on 9/11. 	
<p>Farm to School Updates</p>	<ul style="list-style-type: none"> • Farm to School Taskforce meeting was 9/11; grower availability chart was presented to help schools with menu planning and where to purchase local produce. • The next F2STF meeting is 11/13 at the Santee School District from 10-11:30am. • County's Eat Well Initiative plans to set food standards for County entities and will impact procurement, sodium reduction, and waste reduction. • CHIP is hosting a Grower's Workshop 9/23 at 2:00pm at the San Diego County Farm Bureau office for growers interested in selling to institutions. • Registration for the third annual <i>Let's Go Local!</i> Produce Showcase is open. The event is 10/23 from 2:00 -5:00pm at the Leichtag Ranch in Encinitas. • Elizabeth shared copies of a Farm to School success story featuring JUESD. 	<ul style="list-style-type: none"> • Elizabeth forward Produce availability chart to Nina to share
<p>YMCA HEPA Standards- Tamala Perryman</p>	<ul style="list-style-type: none"> • Five specialists worked with after-school programs to develop national Healthy Eating Physical Activity (HEPA) Standards, which include: <ul style="list-style-type: none"> ○ Role-modeling- staff model healthy eating and active living ○ Parent engagement- at least once a quarter ○ Physical activity -minimum of 30 minutes a day for half programs and 60 minutes a day for full programs ○ Screen time- no screen time under age two, less than 30 minutes a day for children in half day program, and less than 60 minutes per day for full day programs ○ Food- serve fruits and veggies with all meals and snacks, family style service, no fried or pre-fried foods, serve whole grains, serve food with less than eight grams of added 	<ul style="list-style-type: none"> • Tamala provide a list of the school districts the YMCA is currently working with. • Contact Tamala if you are interested in starting a YMCA after-school program at your school tperryman@ymca.org.

	<p>sugar, and ensure sugar is not one of the first three ingredients on nutrition label.</p> <ul style="list-style-type: none"> ○ Beverages- offer water at the table with all meals and ensure it's accessible at all times; serve only water, plain milk, low-fat or nonfat milk ○ Infant feeding- promote and support exclusive breastfeeding for six months and continuation of breastfeeding with complementary foods for one year or more <ul style="list-style-type: none"> ● Challenges with implementation include access to a refrigerator for after-school programs and buy-in from staff, schools, children, and parents. ● The YMCA will be piloting a fresh produce program at an after-school site in Mission Valley. ● Tamala was invited to attend the Let's Go Local! produce showcase to meet local growers. ● Since after-school programs on school sites need to comply with district wellness policies, a recommendation was made for YMCA staff to attend district wellness council meetings to develop relationships and have a voice in implementation. This could facilitate after-school program access to refrigerators and kitchen equipment, playgrounds and play equipment and provide opportunities for coordinated ordering of food to decrease costs and ensure compliance with nutrition standards. Tamala said she will pass suggestion to management. 	
<p>Project Updates</p>	<p><u>Farm to School-</u></p> <ul style="list-style-type: none"> ● Countywide Garden to Café training date should be determined within the next few months. <p><u>Healthy Fundraising-</u></p> <ul style="list-style-type: none"> ● <u>U-T article</u> included an announcement about the COI recognizing Reidy Creek School for healthy fundraising at the EUSD School Board meeting. Donna, Kay, and Jamie presented. ● Escondido staff and student wellness committees plan to join together and meet monthly, Jamie and Kate will both be in attendance. ● <i>Live Well San Diego</i> would like all districts to join as partners. Healthy fundraising aligns with <i>LWSD</i> goals. ● Healthy fundraising examples are still being collected and partner assistance is needed to get the word out to schools. The goal is to have an example from each school district by the end of the year. <p><u>Partner Education & Collaboration-</u></p> <ul style="list-style-type: none"> ● October: sharing of unusual fundraisers; Melanie Petersen, SD Hunger Coalition: Summer Meals Outreach results ● November- Paige Metz, SD County Office of Education: Fit2Learn, Fit4Life resource ● December- <i>no meeting</i> ● January- Erin Hogeboom, Feeding America: diabetes project in Lemon Grove ● February- Liza Flowers, SDCOE RTAC: After-School 101 and supporting healthy after-schools. 	<ul style="list-style-type: none"> ● Nina send healthy fundraiser form and flyer with minutes and meeting reminders each month. ● Contact Debal if you have presentation ideas Debal.Acquaro@sdcounty.ca.gov

