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| Meeting Minutes: Schools & After-School Domain April 19, 2016: 2:00 p.m. – 3:30 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 May 17, 2016: 2 p.m. – 3:30 p.m. United Way of San Diego County 4699 Murphy Canyon Rd. Room 100 San Diego CA 92123 |
| Attendees: Cherianne Barry; Colin Cureton, Elizabeth Vaughan (CHIP); Dana Henderson (Feeding America SD); Debal Acquaro, Deirdre Kleske, Dianne Bourque, Judy Wright , Karee Hopkins, Melissa Roberts, Romalyn Roberts (HHSA); Diana Bergman (Olivewood Gardens); Heather Ransons (YMCA CRS); (EUSD); Kate McDevitt (UCSD Center for Community Health); Kelly Bowman (Healthy Dining); Paige Metz, Jeanne Salvadori (SDCOE); Priscela Hegger (RCHSD); Susi Jones (JUSD) Recorder: Nina Ghatan (CHIP) | |

| Topic/Issue | Discussion | Action |
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| Welcome | <ul style="list-style-type: none"> Deirdre Kleske led introductions. | |
| Announcements | <ul style="list-style-type: none"> Healthy Dining is launching the Schoolicious! Program in Poway and San Marcos and is looking to work with smaller school districts in North County with wellness initiatives in place. 4/19 Mission Readiness hosted a press event to highlight San Diego Unified’s Impact program. The program uses UCSD student athletes to support teachers with physical activity throughout school day. In Mayor Faulkner’s State of the City address in January he announced a plan to create or redevelop 50 joint-use parks for schools to use during the school day over the next five years. <i>Live Well San Diego’s</i> school wellness team is surveying wellness leads to learn about wellness activities, recognize achievements, and provide resources to school districts. Not all districts have completed the survey; Deirdre will ask District reps to encourage wellness leads to complete the survey. 9th district PTA invited COI to present at their Summer Leadership Conference in June on wellness programs that can be easily implemented at schools. Kate will present again (she did this last year), and Diana Bergman may join her to promote new School Garden Collaborative. Next month we will hear a presentation and discuss how preschools on school campuses can be better integrated into wellness policy and implementation activities. | <ul style="list-style-type: none"> Deirdre to send wellness survey to District Reps to send to wellness leads who have not yet completed it. |
| Stress & Childhood Obesity: Dietary Pathways in the Context of Stress | <ul style="list-style-type: none"> Stressors disrupt homeostasis and require an organism to adapt in order to restore equilibrium; they can be internal or external, acute or chronic. Eight percent of children ages 12-17 years old had mentally unhealthy days on almost half of the days in the last month. 44% of children ages 8-12 years old were worried about doing well in school. Transactional model of stress and coping focuses on behaviors to adapt to stress; health behaviors learned in childhood tend to track to adulthood. | <ul style="list-style-type: none"> To listen to a recording of the presentation and view slides, follow this link. Eleanor forward Nina contact information for colleagues who implement stress techniques in |

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| | <ul style="list-style-type: none"> • In elementary students, youth who used emotion- focused coping ate more unhealthy snacks. • Those with larger stress responses consumed more calories and ate for a longer period of time. • Chronic stress is associated with higher obesity risk, especially in girls. Overweight/obese youth have higher cortisol response to social stressors and consumed more high-density salty foods following social stress. • Maternal stress is associated with higher child obesity risk; effects may be stronger for toddlers than infants. • <u>Implications and conclusion:</u> helping families and children cope with stress may help prevent obesity. Education and stress management techniques can be useful to prevent obesity. • Deep breathing and guided imagery at school is a technique teachers can use and incorporate at schools or in high stress environments. • Workgroup briefly discussed how the school environment and rushed lunch hours impact student stress. Lactation accommodations for staff can help lower stress in teachers, which may impact students and their own infants. • Eleanor is currently with ChildObesity180 and works with parents and children to improve access to healthier choices at restaurants and schools. | <p>schools</p> <ul style="list-style-type: none"> • Melissa send Nina link to behavioral health resources to share with workgroup. |
| <p>COI Updates</p> | <ul style="list-style-type: none"> • Nina reviewed the new COI newsletter and asked partners to submit content by the 15th of the month. | <ul style="list-style-type: none"> • Submit content for the COI newsletter to Nina by the 15th of the month. • Subscribe to the newsletter here! |
| <p>Farm to School Update</p> | <ul style="list-style-type: none"> • 5/6 is the next F2STF meeting from 10:00am-12:00pm at Chula Vista Elementary School District. • Presentations topics will include AB1826 (food waste reduction and recovery), current food waste reduction efforts in Ramona, and chef trainings. • CHIP will release an RFP for one school district to participate in the “good food rebate program,” which will provide up to \$10,000 as a rebate on purchases of local and sustainable products to support better food options. The project is funded by the Leichtag Foundation, and preference will be given to districts in North San Diego County that are active F2STF members. • California Farm to School Network is hosting a Golden Seed Competition to identify farm to school leaders throughout the state. Categories range from sowing (novice), growing and harvesting (experts). | |

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| <p>Project Updates</p> | <ul style="list-style-type: none"> • Current projects include: Healthy Fundraising, and Partner Education and Collaboration. Potential new efforts could focus on better connecting school site-based preschools to district wellness efforts, and advocating for inclusion of wellness components into district Local Control and Accountability Plans (LCAPs). Presentations on the last two topics are scheduled for May and June respectively. | <ul style="list-style-type: none"> • Help capture healthy fundraisers and forward Deirdre leads to investigate. • Nina send healthy fundraiser form and flyer with minutes and meeting reminders each month. |
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