

Meeting Minutes: Schools & After-School Domain July 19, 2016: 1:00 p.m. – 2:30 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 NEW TIME August 16, 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
Attendees: Anita Lopez, Colin Cureton, Dan Fesperman (CHIP); Cherianne Barry (Olivewood Gardens); Deirdre Kleske, Doug Dalay, Judy Wright, Karee Hopkins, Lorraine Gonzalez, Melissa Roberts, Romalyn Watson (HHS); Gabie Armijo (FHCS); Jamie Cassutt-Sanchez (EUSD); Jake McGough (YMCA); Jennifer Orr (SBSD); Kate Edra, Kate McDevitt (UCSD); Kelly Bowman (Healthy Dining); Kim Speckhahn (North County Health Services WIC); Nicole Hardin (The Children’s Initiative); Susi Jones (JUSD Pathways) 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"> AB 302 was approved by the governor in October 2015 and requires schools to provide lactation accommodations (other than a restroom) for pupil to breastfeed. North County Health Services WIC is looking at ways to support school districts to ensure compliance through updated wellness policy language and implementation. California School Board Association has model language that will be forwarded to District Reps to share with wellness leads. Both schools in Julian received funding through Agua4All for water stations; their staff will conduct a walk through to determine the location that optimizes student access. Jamie reported that Escondido Union will no longer allow food in classroom celebrations and is creating guidelines to share with families at the beginning of the school year. Deirdre shared an infographic showing what one year of school party food really looks like, noting the result of a child eating one of everything is an increase in weight of almost nine pounds a year. Anita Lopez with Lemon Grove HEAL Zone has officially moved her office from CHIP to Lemon Grove. 8/27 from 8:30am-1:00pm there will be a Grandparents Raising Grandchildren event at the North Inland Live Well Center on the topics of healing arts, cyber security, and financial planning. 9/9 from 10:30am-1:00pm County Office of Ed is hosting its annual Summit on Student Engagement and Attendance for all districts. Partners that provide wellness resources to schools, including District Reps, are invited to attend. Breakout groups will be divided by region, and a Provider Fair will take place during lunch. Contact Deirdre to participate. 	<ul style="list-style-type: none"> Deirdre share California School Board Association model language for pupil breastfeeding with District Reps to share with wellness leads. Nina share link to healthy celebrations infographic with workgroup
Connecting Preschools and School Wellness- Part II Jake	<ul style="list-style-type: none"> YMCA CRS Wellness Initiatives: Wellness Champions - began in Lemon Grove with 24 childcare providers committed to providing a healthy lifestyle and atmosphere for children in their care. Currently there are over 100 throughout the County. YMCA Health Educators provide 4-6 onsite technical assistance visits; 	<ul style="list-style-type: none"> YMCA to let COI know the 4-5 districts that will be working to include preschools in their

<p>McGough, YMCA CRS</p>	<p>once sites meet the identified wellness criteria (nutrition and physical activity) providers receive a preferred referral to parent contacting the Childcare Resource Center for childcare options.</p> <ul style="list-style-type: none"> • REACH Chula Vista- YMCA is working with San Diego Family Childcare Association to implement a train-the-trainer model of the Wellness Champion Program in Chula Vista for sustainability. They are working with the Chula Vista Elementary School District to include preschool language in the wellness policy, and include staff overseeing the preschool program in the wellness committee. • Quality Preschool Initiative (QPI) - is using NAP SACC to assess seven categories of nutrition practices. Projects include supporting farm to preschool, professional development, parent workshops (reaching over 600 parents), and implementing family style meals. • Nemours- funding for a one-year pilot project with faith based communities in Chula Vista where participants attend learning sessions on topics related to physical activity and nutrition and then complete a project (such as a garden build) and discuss changes at a final meeting. They are halfway through this project with 24 providers at seven sites. • Wellness Policies- develop preschool language for wellness policies on the following topics: portion size, family style meals, flavored milk, and preschool nutrition education. • Recommendations were made for preschools to adopt a separate, more specific, wellness policy and for representation of preschools on the district’s wellness council. • YMCA will work with four or five districts to improve wellness policies. Jake agreed to notify COI once the districts are identified so they can work collaboratively with District Reps. 	<p>wellness policies and committees so District Reps can support the effort.</p>
<p>COI Updates- Dan Fesperman</p>	<ul style="list-style-type: none"> • COI received a new three-year contract from the County for core support of the COI. • Dan and Nina met with Blanca and Amina with UCSD to discuss the possibility of developing two youth advisory seats on the community domain. Members of UCSD’s Youth Advisory Council will be recruited for this opportunity starting in October. Future Community Domain meetings may be held at schools so youth advisors can more easily attend. 	
<p>Farm to School Update</p>	<ul style="list-style-type: none"> • 7/19 Summer Meals Taskforce hosted a great event at Waterfront Park to raise awareness of the summer meal program and provide samples of summer meals. A surprising fact: 72% of students that receive free or reduced price meals during school do not receive summer meals. • Call for session proposals for the 2017 Childhood Obesity Conference are due 7/28. • Good Food Rebate Program received two applications. Selection will happen soon. • A couple of school districts expressed interest in starting and expanding farm to school so the F2STF plans to host a call on farm to school open to any interested districts. 	<ul style="list-style-type: none"> • Colin send farm to school conference call information to workgroup
<p>Project Updates</p>	<ul style="list-style-type: none"> • Partner Education and Collaboration- <ul style="list-style-type: none"> ○ August - Colin will present on childhood overweight and obesity trends in SD County. ○ September- Dr. Southerland with the Gaia Medical Institute will present on the connection between hydration and childhood obesity. 	

- October will be a presentation on mental health and mindfulness.
- November Paige Metz with SDCOE will present on physical education and physical activity.
- December- Break- No Meeting
- **Healthy Fundraising-** a story recognizing Solana Beach and Lemon Grove school districts will be included in the August COI newsletter.
- If you hear of examples where wellness is included in LCAP, please notify the workgroup.
- San Diego Unified just released their LCAP and it includes funding to create and staff wellness centers at 6 high schools initially. As opposed to the medical focus of school health clinics, the wellness centers will provide tailored resources such as legal aid, food security, mental health resources, etc. to students and families in that high school and the middle and elementary schools that feed into it.
- The Children’s Initiative will be hosting a workshop at Green Elementary in San Carlos in November and are looking for organizations with engaging hands-on activities related to physical activity, nutrition, or health.
- Olivewood Gardens is interested in developing an engaging train-the trainer model for Kitchenistas to support PTAs and PTOs with healthy celebrations and fundraising. California Project Lean created a train-the-trainer program for parents related to sugar-sweetened beverages and Deirdre agreed to share it with Cherianne.
- An outstanding student volunteer at Olivewood Gardens was recently recognized by the Dairy Council; Deirdre suggested the student be recognized at the Sweetwater Wellness Committee and the *Live Well San Diego* South Region School Wellness Subcommittee meetings. Heather and Jenny Flores will follow up, and possibly invite the student to join the wellness committee.
- Phase two of the Lemon Grove HEAL Zone will focus on social and emotional wellness through parent workshops, nutrition education, and community safety. We will be working with schools and the district on employee wellness, and will present to employees on trauma informed care at the beginning of the school year. If you’d like to get more involved or have workshop recommendations, please contact Anita Lopez.
- 7/19 at 2:30pm San Diego County Safe Routes to School Coalition bimonthly meeting to support schools & district who have received, or are interested in receiving, funding through the Active Transportation Program (ATP). Deirdre participates in these meetings.

Deirdre to share parent engagement lesson with Olivewood Gardens.

Contact Anita Lopez at CHIP with workshop support or ideas for Lemon Grove School District staff