

<b>Meeting Minutes:</b> <b>Schools &amp; After-School Domain</b> <b>October 17, 2017: 2:30 p.m. – 3:30 p.m.</b> Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123	<b>Next Domain Meeting:</b> <b>Schools &amp; After-School Domain</b> <b>November 21, 2017: 2:00 p.m. – 3:30 p.m.</b> 2-1-1 San Diego 3860 Calle Fortunada, Rm. 114 San Diego, CA 92123
<b>Attendees:</b> Amy Garfinkel (SDUSD FNS); Angeles Nelson, Anita Lopez, Dan Fesperman, Nina Ghatan, Prem Durairaj (CHIP); Danielle Isola, Deirdre Kleske, Erika Hernandez, Melissa Roberts (HHSA); Dana Henderson (Feeding San Diego); Emily Horowitz (Food Corps); Heather Cruz (CVUSD); Heather Ransons (YMCA CRS); Jamie Moody (UCSD); Lydia Wisz (MyShapers); Paige Metz (SDCOE); Sheila Mazdyasni (American Diabetes Association); Stella Weaver (UCCE)	
<b>Recorder:</b> Lyndsey Tapia (CHIP)	

Topic/Issue	Discussion	Action
<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>UCSD Center for Community Health’s Jamie Moody provided an overview of Harvest of the Month (HOTM), a program of the County’s Nutrition Education and Obesity Prevention (NEOP) program. She presented a preview of the self-guided online tutorial at the October Farm to School Taskforce meeting. The new HOTM calendar is seasonal, with six locally-available fruits and vegetables highlighted in each of the four season. When the website is live it will provide lesson plans for K-6 classrooms. Item-specific resources and recipes (in English, Spanish and Arabic) will be available by clicking on the fruit or vegetable. Schools with at least 50% of students qualifying for free or reduced school meals can receive these materials free of charge. Contact Jamie Moody.</li> <li>Anita Lopez and Angeles Nelson, Lemon Grove HEAL Zone, provided updates:             <ul style="list-style-type: none"> <li>A new breastfeeding support group will meet every month; first meeting will be November 4.</li> <li>HEAL Zone <i>See You Saturday</i> is a series of programs, classes and events to encourage residents to use public spaces throughout Lemon Grove. Uses the hashtag #seeyouaturday</li> <li>Free six-week yoga class is part of <i>See You Saturday</i>, with sessions for children and adults.</li> <li>Healthy Cooking classes for seniors are held every Thursday at the Lemon Grove senior center.</li> </ul> </li> <li>Lyndsey Tapia introduced herself and her role at CHIP. Partners will receive email notifications regarding upcoming meeting dates so please accept them when you receive them.</li> <li>Amy Garfinkle, San Diego Unified School District, is providing “Day of Nutrition Education” to classrooms. She is interested in collaborating with community partners that can deliver nutrition education in classrooms as there is an increasing demand for this from teachers. Stella Weaver, UC Cooperative Extension, responded that she can work with eligible schools.</li> </ul>	<ul style="list-style-type: none"> <li>Partners able to provide nutrition education in SD Unified classrooms please contact Amy Garfinkle at <a href="mailto:agarfinkel@sandi.net">agarfinkel@sandi.net</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Legislation to address “school meal shaming” was signed by Governor Brown on October 7<sup>th</sup>. The bill aims to prevent children from getting publicly shamed or given a different meal than other students if their parents fail to pay. Schools instead are required to explore if children qualify for free meals, or work directly with parents on a payment plan.</li> <li>• The Farm to School Taskforce will hold a training (date TBD) on strategies to mitigate the extra costs of buying local food.</li> <li>• Cheryl Moder will no longer be with the COI, as her position at CHIP was eliminated. She was offered a director position with CHIP, however has not made a decision.</li> <li>• Reminder: The November meeting will be the last one of this year. No workgroup meeting in December.</li> </ul>	<p>No workgroup meeting in December. Happy Holidays!</p>
<p><b>School Food Pantries &amp; Food Insecurity - Dana Henderson, Programs Manager, Feeding San Diego</b></p>	<p>Feeding San Diego’s vision is a hunger-free and healthy San Diego. Good nutrition is a value of the organization, and Feeding SD also provides recipes and nutrition education.</p> <p><b><u>Food Insecurity and Hunger in San Diego County</u></b></p> <ul style="list-style-type: none"> <li>• 1 in 8 people are at risk of food insecurity in San Diego County: more than 400,000 people.</li> <li>• More than half of food insecure families include one one working person.</li> <li>• 1 in 5 children are at risk for hunger: more than 150,000 children in San Diego County.</li> </ul> <p><b><u>How does the organization receive food?</u></b></p> <ul style="list-style-type: none"> <li>• <b>Feeding America</b> (of which Feeding San Diego is a partner) has agreements with national brands like Kraft and General Mills to donate large amounts of food.</li> <li>• <b>The California Association of Food Banks</b> provides food that doesn’t make it to the grocery store shelves for a variety of reasons. More than 50% of food that is distributed is fresh including seasonal produce.</li> <li>• <b>Local farms.</b> Develop relationships with small and local farms in San Diego County. Feeding SD also provides recipes and nutrition education.</li> <li>• <b>Food Rescue.</b> More than half of the food distributed comes directly from grocery stores, such as items close to their expiration dates.</li> <li>• Feeding San Diego distributes food to more than 200 distribution sites in San Diego County, and some of these sites also receive direct donations from Feeding San Diego donors.</li> <li>• <b><u>Programs fall under different initiatives:</u></b></li> <li>• <b>Feeding Families:</b> Partner Agencies, Rural Mobile Pantry, Military Families</li> <li>• <b>Feeding Seniors:</b> Partner Agencies, Senior Centers and Housing Complexes, Meals on Wheels Partnership</li> <li>• <b>Feeding Excellence:</b> Health and Nutrition, CalFresh, Agency Capacity Building, Healthcare Partnerships, and Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• For food or monetary donations for Feeding San Diego: please bring to November meetings. Here is a list of <a href="#">preferred foods</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Feeding Kids:</b> Distributes nutritious food directly to students on school sites.           <ul style="list-style-type: none"> <li>○ <i>The Back Pack program</i> provides nutritious staple items and two to three pounds of fresh produce to students before weekends and school holidays.</li> <li>○ <i>The School Pantry program</i> provides nutritious, healthy food to low-income students and their families on a regular schedule through using a “farmers market” model where patrons choose the foods they will use.               <ul style="list-style-type: none"> <li>▪ Distribute 1.4 million meals per year through 34 elementary, middle and high schools in 12 districts.</li> </ul> </li> <li>○ <i>The Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP)</i> are federal programs that provide healthy meals to students in after-school programs and during summer.</li> <li>○ <i>Kids Community Pantries</i> distribute to childcare facilities and provide produce and healthy staple items to children and families.</li> </ul> </li> </ul>	
<p><b>BMI Surveillance and Next Steps in CVESD - Heather Cruz, CVESD Physical Education, Health, and Wellness Coordinator</b></p>	<ul style="list-style-type: none"> <li>● Provided overview of results from the 2016 Height and Weight Surveillance project.</li> <li>● Research shows linkage between health and academic achievement.</li> <li>● CVESD is outperforming the County and the State in 2017 CAASPP Language Arts and Math.</li> <li>● CVESD is the largest K-6 district in California with 29,600 students in 47 schools.</li> <li>● 68% of students are Hispanic.</li> <li>● 51% of students received free or reduced price meals lunch.</li> </ul> <p><b><u>History of Height &amp; Weight Surveillance Project</u></b></p> <ul style="list-style-type: none"> <li>● From 2010 to 2016, students in all grades have been measured every two years between October and December.</li> <li>● Partners include South Bay Community Services, which provide 15-20 trained data collectors, and the County of San Diego Health and Human Services Agency, which provides epidemiology support to analyze and create effective ways to represent the data.</li> <li>● Heather displayed maps showing each school’s obesity rates, with a red color representing the highest rates of obesity.           <ul style="list-style-type: none"> <li>● 2010 data showed:               <ul style="list-style-type: none"> <li>▪ 39.8% of students in the district were obese.</li> <li>▪ 47% of 6<sup>th</sup> graders were obese.</li> <li>▪ 5 schools had obesity rates greater than 30%.</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● View presentation <a href="#">here</a>.</li> </ul>

- 2016 data showed progress:
  - 17.1% decrease in obese category in a 6 year period.
  - 8% decrease in overweight category.
  - No schools in the “red” category on the map.

**Continuing Efforts to support Student and Staff Wellness**

- District Wellness Committee including teachers, principals, and district staff, with the majority of members are outside organizations.
  - Wellness policy revision specified that all schools will identify a site wellness lead with three years.
  - 25 out of 46 school sites have already identified a wellness lead.
- Majority of schools have some form of a school garden.
- Monitoring of PE minutes: Teachers report that students have completed required weekly minutes of Physical Education (200 minutes every 10 days per California Education Code).
- Offering a wide range of intramural activities including basketball, kickball, flag football, and soccer.
- Majority of schools have some form of a school garden.
- Communicating regularly with staff through CVESD Words of Wellness newsletter.
- Encouraging schools to begin announcements with healthy messaging for students.
- Offering field trips to the district’s *Exercise the Dream* program at the Chula Vista Elite Athlete Training Center. The program demonstrates a model Physical Education lesson for teachers, provides hands-only CPR training for 4<sup>th</sup>-6<sup>th</sup> graders, and allows all students the opportunity to interact with athletes training at the center.
- Offering swimming and water safety lessons for 4<sup>th</sup> grade students through *Operation Splash* in partnership with Kaiser Permanente and City of Chula Vista Parks & Recreation.
- Offering professional development on Physical Education to all classroom teachers.