

Meeting Minutes: Schools & After-School Domain Work Group April 17, 2018, 2017: 2:00 p.m. – 3:30 p.m. Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123	Next Work Group Meeting: Schools & After-School Domain May 15, 2018, 2017: 2:00 p.m. – 3:30 p.m. Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123
Attendees: Amy Garfinkel, Kate McDevitt, Lauri Biondo (SDUSD), Danielle Isola, Debal Acquaro, Dianne Bourque, Erika Hernandez, Deirdre Kleske (HHSA), Dan Fesperman, Dane Petersen, Nina Ghatan (CHIP), Dana Henderson (Feeding SD), Heather Berkoben (Dairy Council of CA), Heather Ransons (YMCA CRS), Jamie Moody (UCSD), Jessica Mendelsohn (AHA), Kristin Haukom (Alta Planning), Paige Metz, Jenée Peevy (SDCOE), Pauline Lasquete (SDSU) Recorder: Lyndsey Tapia (CHIP)	
View previous work group presentations on the COI YouTube Channel: https://www.youtube.com/user/COISanDiego/videos?view_as=subscriber	

Topic/Issue	Discussion	Action
Welcome	<ul style="list-style-type: none"> Deirdre Kleske led introductions. 	
Announcements	<ul style="list-style-type: none"> Yuka Asada and her husband welcomed their baby girl, Naomi, on April 6th. Congratulations to Yuka and Family! There will be a District Rep forum on July 17th from 1-2pm prior to the July Schools & After-schools meeting. Both the Forum and the meeting will be held at the 2-1-1 office. <i>Live Well San Diego</i>, in partnership with the San Diego Blood Bank, is hosting a 5K and Kids 1-mile fun run on Sunday, July 29th at Waterfront Park, followed by a family-friendly expo. 	Register for <i>Live Well San Diego</i> 5K here: http://www.livewellsd.org/content/livewell/home/livewellsd5k.html
What's in a Wellness Policy? Physical Activity Jamie Moody, UCSD	Jamie Moody with UCSD presented resources, policy language and best practices for the Physical Activity component for the <i>What's in a Wellness Policy?</i> series. <ul style="list-style-type: none"> It is important to support student academic success through daily physical activity in addition to PE time: recess, activity breaks, and active academics are all strategies, and as much as possible these activity should take place outdoors. UCSD School Wellness staff help schools equip teachers to use these strategies. Playground stenciling is another strategy to increase student interest and activity levels and doesn't require costly equipment. Assigning playground leaders where the older students are leaders to the younger students during recess time helps encourage and integrate all grade levels. Scheduling lunch recess to take place before eating results in students eating more of their food and milk as they focus on actually eating instead of rushing to play. 	Contact Lyndsey if interested in picking up 5210 materials. Beach Balls, flying discs, posters, brochures, and white boards are still available. ltapia@sdchip.org

	<ul style="list-style-type: none"> • There are challenges to making a change to recess before lunch such as lunch duty supervision and hand washing. • Also something to consider from a school nurse perspective: diabetic children are required to get their blood sugar levels checked prior to physical activity, so recess before lunch may require two blood tests which means more staff time, supplies, and possibly loss of recess time for the student. • Lyndsey shared that 5210 materials are available free to all partners and some encourage physical activity, such as beach balls and flying discs. If you are interested in obtaining any of these materials, please contact Lyndsey to schedule a pick-up date. 	
Student Interviews for the Chronic Absence Pilot Project Pauline Lasquete, SDSU MPHc	<ul style="list-style-type: none"> • Pauline Lasquete, SDSU MPH candidate, provided her thesis research findings regarding chronic youth absenteeism. • Chronic absenteeism is defined as missing 10% or more of school for any reason, which can translate to just 2 absences per month. • Students who chronically absent are at academic risk, and is an indicator of whether a students will be on-track for starting and succeeding in high school. • Good education is a major predictor of a student's health in addition to a social support system and health behaviors. • The Chronic Absence Pilot Project (CAPP) was started in 2017 in 26 SDUSD elementary schools and one middle school. CAPP is the first chronic absence project in the nation led by school nurses. • CAPP's focus is a 3 tiered system of universal and low cost strategies to engage students, starting at the school level and leading to individualized and higher cost for those most at-risk. • Pauline conducted student interviews at Pacific Beach Middle School to assess student perceptions are on topics related to school absences. <ul style="list-style-type: none"> • The project included 10 sixth graders. 6 students who were "at risk" (10% or greater absences at the time), and 4 randomly chosen students for comparison. • The interview consisted of 13 questions on topics such as reasons why they do or do not want to come to school, their interests and friends, how they feel when they miss school for more than one day, how their friends, teachers, parents and school react to their absence, and ended with an open-ended discussion of school absenteeism. • The results from the interviews consisted of the following: <ul style="list-style-type: none"> • 6 out of 10 students are involved in sports. 	

	<ul style="list-style-type: none"> • 5 said that they come to school to see friends. • 7 students said that being sick was why they would not attend school. • 4 students said their parents decide if they stayed home. • 5 students said they do not know how the school reacts to absences. • 6 students never had someone talk to them about absences. • Some recommendations to PBMS resulting from the interview were to provide incentives that align with students' sport interests, explore utilizing peers to change behaviors, encouraging classroom level interventions like teacher communication to reach out to the student early. • Some suggestions for PBMS were to include messages about college, have sports professionals visit to inspire students, interviews teachers, and provide AttendanceWorks training to staff/teachers. • One lesson learned from the pilot project was the value in looking at chronic absence as a public health issue, not a discipline issue. Strategies for each school will be different and finding what the students need by including their voices will help in developing an action plan. 	
COI Updates Dan Fesperman	<ul style="list-style-type: none"> • The SD County Fair organizers invited the COI to enter into an ongoing partnership to help bring a healthy lens to the promotion and themes of the fair. The theme this year is, "How Sweet It Is", and the COI has agreed to provide behind-the-scenes support such as giving guidance on how to highlight the healthy food options and physical activity opportunities that exist at the Fair. • Included in the fair this year will be a healthy food finder map (through the County Fair app and printed materials) that points to healthier eating options and food stands featuring locally grown produce. The map will also include a step count so families can identify how far it is to walk from point to point throughout the day. • This year the Fair will incorporated a full-page 5210 advertisement in the coloring/activity book that will reach roughly 30,000 students and is used in in-school Fair promotional visits. • Free tabling opportunities are offered for COI partners. If interested, partners should contact Dan directly. 	Contact Dan Fesperman for more details on free tabling opportunities at the Fair: dfesperman@sdchip.org