

Meeting Minutes: Schools & After-School Domain October 16, 2018, 2018: 2:00 p.m. – 3:30 p.m. 2-1-1 San Diego 3860 Calle Fortunada, Room 114 San Diego, CA 92123	Next Work Group Meeting: Schools & After-School Domain November 27, 2018, 2018: 2:30 p.m. – 4:00 p.m. 2-1-1 San Diego 3860 Calle Fortunada, Room 114 San Diego, CA 92123
Attendees: Anali Rosales Garces, Beatrice Lomar, Deirdre Kleske, Dianne Bourque, Erika Hernandez, Ilisa Goldman, Jamie Felice, Lori Gutierrez (HHSA) Cynde Lane (SD Children in Nature), Dan Fesperman, Dane Petersen (CHIP), Heather Cruz (CVESD), Maddy Moritsch (Feeding SD), Michelle Dilley, Monika Jelic, Nia Acevedo, Rachel Kramer (UCSD), Paige Metz (SDCOE), Stella Weaver (UCCE), Vanessa Barnik (Kitchens for Good) 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"> Active Transportation webinar, “Understanding the Vision behind ‘Zero’ Traffic Fatality Frameworks”, will be on Friday, October 26 from 10-11am. The webinar will discuss the fundamentals and principles of Vision Zero, how Vision Zero relates to and differs from traditional traffic safety approaches, and learn from one local jurisdiction that is strategically leveraging Vision Zero and ATP efforts to advance both local and state active transportation safety goals. 	
What’s in a Wellness Policy: Physical Education Paige Metz	<ul style="list-style-type: none"> Local School Wellness Policies (LSWPs) can support Physical Education by including language on: <ul style="list-style-type: none"> Meeting the mandated requirements for PE minutes Physical education class size limits Percentage of physical education class minutes spent in MVPA (Moderate to Vigorous Physical Activity) Encourage/require “Best Practices” Encourage/describe opportunities throughout the day for MVPA Actions/activities that will foster Physical Literacy Actions/programs that foster health equity To effectively impact students, LSWP language needs to be strong, for example using words like “require” and “shall” instead of “encourage” or “may,” and having consistent policies and accountability measures across schools. District and school administrators, teachers, and other stakeholders (such as parents) need to support a quality PE program and be vocal if policies aren’t 	<ul style="list-style-type: none"> Find the What’s in a Wellness Policy: Physical Education Resource Sheet here: https://sdcoi.org/wp-content/uploads/2018/08/Physical-Education-Resources-and-Model-Language.pdf Find the San Diego County Office of Education Physical Education Best Practices Toolkit here: https://www.sdcoe.net/lls/ccr/Documents/HPE-best-

	<p>being followed.</p> <ul style="list-style-type: none"> Paige shared the San Diego County office of Education’s “Physical Education Best Practices” brochure which includes best practices for learning environments, curriculum, instruction, assessments, and professionalism. It was created to help administrators recognize quality PE instruction that will develop students ‘physical literacy. Deirdre went over the “What’s in a Wellness Policy – Physical Education” resource sheet which also includes model policy language. 	practices-brochure.pdf
<p>Outdoor Physical Activity/ Physical Education</p> <p>Ilisa Goldman Cynde Lane, MD</p>	<ul style="list-style-type: none"> With childhood obesity rates on the rise, the amount of time children spend in outdoor activity time has decreased significantly since the 1970’s. Children need sun and to be exposed to nature for optimal benefits. Some of the benefits of sun exposure are improved sleep cycles, improved mood, immune system activation, necessary for normal eye development, and Vitamin D production. Exposure to outdoor light increases serotonin results in better sleep patterns which ultimately helps to decrease obesity rates. Increased serotonin also supports attentiveness, memory, and happy moods, all of which help children do better in school. Adequate Vitamin D supports brain health, immunity, building strong bones, and reduces the risk of diabetes and multiple sclerosis. Another great benefit of children having exposure to the outdoors is dirt. Exposure to dirt in early childhood results in less asthma, allergies, and autoimmune. School gardens have been a positive reinforcement for increasing student’s academic performance and healthy food preferences. The incidence of myopia (aka near-sightedness) in the United States and Europe has doubled in the last fifty years, from 25% to 50% of young adults In eastern Asia the increase in myopia is even more dramatic. In China sixty years ago, 10-20% of adults were myopic, but today up to 90% of teenagers are myopic. In Seoul, Korea 96.5% of 19 year olds are myopic. 25% of East Asian young adults have a severe form of myopia, which stretches and thins the inner eye, increasing the risk of retinal detachment, cataracts, glaucoma, macular degeneration and blindness. High light levels stimulate dopamine production in the retina which has a feedback loop to relax the ciliary muscle. Exposure to wide open distant visual stimulation also relaxes ciliary muscles. Ultimately, time spent outdoors benefits a child’s health and support better learning. As school 	

	wellness advocates we can raise awareness about the importance of outdoor physical education, physical activity and school gardens in student achievement <i>and</i> health.	
COI Updates Dan Fesperman	<ul style="list-style-type: none"> The COI is collaborating with Cal Walks and Bayside Community Center to host a “Safe Communities and Environmental Change Forum” on Monday, November, 5th from 5:00-7:00pm. The goal of the forum is to support active transportation and safe streets. Cal Walks will facilitate the discussion of how to engage the community in advocacy to make infrastructure changes to create a safer environment for walkers and bikers. The event will include a nighttime walk audit in areas that are perceived to be unsafe. There will be translation support available in Spanish and Vietnamese. 	
Project Updates Deirdre Kleske	<ul style="list-style-type: none"> We previously heard updates on the Healthy After-School project with the YMCA, and the Wellness Policy Implementation Assessment project with Chula Vista Elementary School District. In early 2019 Kristin Haukom will give an update on the Safe Routes to School/Vision Zero project. 	REMINDER: No meeting in December.