

Schools & After-school Domain Meeting Minutes: August 20, 2019 from 2:00-3:30 p.m. 2-1-1 Connections Center-Rooms 113 & 114 3860 Calle Fortunada, Suite 101 San Diego, CA 92123	Next School & After-school Domain Meeting: September 17, 2019 from 2:00-3:30 p.m. Toby Wells YMCA 5105 Overland Ave. San Diego, CA 92123
Attendees: Heather Berkoben, Megan Gietzen, Lori Gutierrez, Barbara Hughes, Deirdre Kleske, Beatrice Lomer, Corinne McCarthy, Jake McGough, Paige Metz, Jamie Moody, Paloma Perez Bertrand, Anali Rosales Garces, Samantha Sonnich, Nora Stewart, Kate Mahoney, Angelina Suarez Recorder: Megan Gietzen	

Topic/Issue	Discussion	Action
Welcome/ Introductions	<ul style="list-style-type: none"> Deirdre led introductions 	
Announcements	<ol style="list-style-type: none"> Caltrans has released the Call-for-Applications for the Sustainable Transportation Planning Grants – Due October 11 by 5:00 PM Visit the website HERE for more information. San Diego County Office of Education (SDCOE) Annual Equity Conference – January 16-17, 2020 The SDCOE will be holding its annual Equity Conference on July 16 and 17, 2020. For more information on this event click HERE. *IMPORTANT* Call for Presenters For the 2020 conference, they are looking for a broader range of presenters including those who can touch on equitable approaches to <u>wellness, nutrition, and physical education</u> and how these relate to school outcomes (e.g., attendance, academic performance, etc.). Presentation topics can cover actionable strategies, resources, and/or information on what educators need to know to improve academic and social emotional instruction, school culture, and health equity in educational settings. Visit the link below for a full list of focus areas. Please share this with your networks and anyone else you know who can touch on the requested topics. If you have questions about whether your presentation idea is a good fit, feel free to reach out to Paige Metz at pmetz@sdcoe.net Below are the links for the SDCOE Equity Conference in 2020. <ul style="list-style-type: none"> Equity Conference Event Page Equity Conference Call for Presenters 	

3. **YMCA of San Diego County Open House (“Fall Healthy Kids Day”) – September 14**

Kids and families can learn about the Childhood Obesity Initiative’s 5-2-1-0 messaging while participating in fun activities at any YMCA branch in San Diego County. Click [HERE](#) for more information.

4. **Good Food Showcase – Friday, October 4th from 9:30 am – 2:00 pm**

The annual Good Food Showcase connects hundreds of good food producers, distributors, buyers (universities, hospitals, school districts, etc.), and food systems community partners with local Southern California growers. The Showcase centers around a local food trade show, which creates a marketplace for connecting local farmers with institutional buyers to both expand the local agricultural economy and support good food in the community. Along with the trade show, the Showcase this year will consist of a farm to institution panel discussion, a facilitated farmer-to-buyer networking workshop, and a lunch featuring local and sustainable food.

Click [HERE](#) for more information and to register.

5. **National Suicide Prevention Awareness Week is September 8th – 14th**

Each Mind Matters has an excellent [toolkit](#) available which includes activities and resources for schools.

6. **Check Your Mood Day – October 10**

Check Your Mood Day is an annual event designed to promote emotional well-being. There are many ways for schools to sign up and participate. Click [HERE](#) to learn more.

7. **Dairy Council of California Resources**

The Dairy Council of California has a variety of free resources available.

- **Family Wellness Prescription** - Family Wellness Prescription pads that are a useful tool for a variety of audiences including families, school wellness centers, and providers to address child health and overweight/obesity using a small changes model. Visit the website [HERE](#) for more information.
- ***NEW* Teen Wellness Prescription** – A similar prescription pad designed specifically for teens.
- **Boost Your Brainpower with Breakfast** – Tips for eating a balanced breakfast.
- **MyPlate Activity Sheet** – A fun activity for kids to learn how to build a healthy eating pattern.

Click [HERE](#) to access these resources and more! You can order print copies through Heather Berkoben at HTroska@dairycouncilofca.org

	<p>8. October 28 - Save the Date for the 2019 <i>Live Well</i> Advance</p> <p>Mark your calendars for the fourth annual <i>Live Well</i> Advance, which will take place on Monday, October 28, 2019 from 9:00 am – 5:00 pm at the Marriott Marquis San Diego Marina. Themes of the day will include best practices and emerging trends. There will be free entry, parking, and refreshments. Staff from schools, districts, and organizations that support them are welcome!</p> <p>Register HERE for this FREE event.</p>	
Childhood Obesity Conference Recap	<p>Resources from the biannual Childhood Obesity Conference in Anaheim</p> <p>Those who attended Tuesday's meeting had the opportunity to share information and resources from the Childhood Obesity Conference that took place in Anaheim in July. You will find a few of those resources <i>attached</i>.</p> <ul style="list-style-type: none"> • Samantha Sonnich shared a variety of resources from the Anaheim Childhood Obesity conference including topics on healthy retail, credentialed PE teachers in schools, integration of physical activity into the classroom, engaging superintendents, and more. See her contact information above if you are interested in seeing the presentations on these topics. • Attendees felt the conference this year had more of a holistic approach and a focus on health equity/social determinants of health than previous years • If you are interested in seeing a selection of the PowerPoint presentations from the conference on topics such as <i>sustainable school wellness, physical activity, poverty and obesity, youth advocacy, and more</i>, Samantha Sonnich has graciously offered to provide them. Contact Samantha.Sonnich@sdcounty.ca.gov. 	
<p>COI Updates</p> <p>Megan Gietzen</p>	<ul style="list-style-type: none"> • Megan shared an update on activities for Childhood Obesity Awareness Month (COAM) in September including the following: <ul style="list-style-type: none"> ○ September 9 – The COI will be holding a joint press conference with the YMCA to release new data on childhood obesity and announce YMCA activities for the month. ○ September 10 <ul style="list-style-type: none"> ▪ The City of Chula Vista will make a proclamation to officially recognize Childhood Obesity Awareness Month in Chula Vista on the evening of the 10th ▪ The COI is partnering with American Red Cross WIC to participate in a live NBC segment in the afternoon to discuss the new childhood obesity data and announce the release of WIC EBT cards ○ September 14 <ul style="list-style-type: none"> ▪ YMCA branches across the county will have 5-2-1-0 materials and giveaways to go along with their Open House. See more details under announcements above. 	<p>Access the new State of Childhood Obesity in San Diego County: Supplemental Data Report 2019 HERE</p>

	<ul style="list-style-type: none"> Throughout the month of September, several partners will have a variety of 5-2-1-0 resources to raise awareness on simple steps for better health 	
Table Topics	<p>Deirdre facilitated the first Table Topics small group discussion on the following topics:</p> <ul style="list-style-type: none"> Access to school and after-school food programs Assessment of wellness policy implementation at school sites Parent education and engagement 	