

Schools and After School Domain Meeting Minutes: May 18, 2021, 2pm-3:30pm, Via Zoom	<u>Next Domain Meeting</u> June 15, 2021, 2:00pm-3:30pm, via Zoom
<p>Attendees: Kelley Axelson (COI), Deirdre Kleske (HHSA), Paige Metz (SD County Office of Education), Heather Cruz (Chula Vista Elementary School District), Melissa Galinato (HHSA), Shohre Zahedi (Hygia Weight Loss & Nutrition), Lorrie Lynn (Rady Children’s Hospital Center for Healthier Communities, Safe Kids San Diego), Jake McGough (YMCA), Cynthia Burboa and Emma Wan (Live Well Schools Team), Heather Berkoben (Dairy Council of California), Amy DeLair (Buddha Belly Kids Yoga). Alexis Nickel (Graduate student worker with County of San Diego), Joshua Bariuan (YMCA), Leo Hsu (Sweetwater Union HSD PE/Health TOSA), Terri Hughes-Oelrich (Sugar Museum, San Diego), Alison Rosenstock (Registered Dietitian), Paul Lasso (HHSA), Cameron Vinoskey (Dietetic Intern at SD VA Healthcare System), Chelsea Walczak Vircks (American Heart Association), Kathy Kinane (Move Your Feet Before You Eat), Angeles Nelson (Nourish CA), Kate McDevitt (San Diego Unified School District), Paola Grado (The Children’s Initiative), Barbara Hughes (HHSA), Naomi Billups (County of San Diego), Amanda Mascia (San Diego Hunger Coalition),</p> <p>Recorder: Rachael Handley</p>	

Topic/Issue	Discussion	Action
Welcome and Introductions	Introductions lead by Deirdre Kleske	

Announcements

1. Shohre Zahedi: when a district wellness lead leaves and someone new is given that role, there is sometimes a steep learning curve which halts/delays progress. Looking for ideas, examples of resources (a check list?) to help a district wellness lead have everything in one place for the new person.

Kate McDevitt suggested that it would be a good idea to put all domain resources related to wellness policy into one place (a google folder?) to make it easier for partners and district wellness leads to access resources that will help them.

2. Deirdre Kleske shared

- New resource: ACEs Aware: strategies for trauma informed school communities. A good resource to be shared with wellness leads. <https://www.acesconnection.com/g/california-essentials-for-childhood-initiative/blog/new-resource-strategies-for-trauma-informed-school-communities>
- Position available: Center for Good Food Purchasing: Hiring a Good Food Purchasing Analyst (Bay Area, but job is remote, may need to travel to Bay area on occasion): <https://goodfoodpurchasing.org/now-hiring-good-food-purchasing-program-analyst/>

Escondido Union and Oceanside Unified districts have adopted the Good Food Pledge. LA Unified is the largest school district adopting the pledge, but other entities have adopted GFPP, too.

3. Kate McDevitt: asked if anyone is part of the Thrive Outside Initiative in SD.

- Amanda Mascia: Inspiring Connections Outdoors (ICO) provides safe and fun outdoor experiences for youth and adults from marginalized communities. ICO is part of the Outdoors for All campaign, which works to expand universal access to nature for children and youth. Sierra Club San Diego has “Inspiring Connections Outdoors.” Link: <https://www.sierraclub.org/ico>
- Naomi Billups: Heather Rosetti from the SD Foundation and Ben McCue from Outdoor Outreach are part of the steering committee that leads the Thrive Initiative in San Diego. Thrive

Looking for resources or check-lists, and anyone who would like to help create this, or collect domain resources into a google folder.

<p>Last Meeting Recap</p> <p>Deirdre Kleske</p>	<p>April meeting recap: Update was provided for four workgroup projects 1. <i>Partner Education and Engagement Collaboration</i>, 2. <i>Support for Wellness Policy Implementation and Assessment</i>, 3. <i>Increasing Access to and Participation in School Meals</i>. As part of that project update Amanda Mascia shared important data on universal meals through CEP, 4. legislative and administrative advocacy.</p>
	<p>Paige Metz provided an update on the fifth project: <i>Increasing Access to Comprehensive K-12 Health Education</i>.</p>
<p>California Health Education Framework</p> <p>Paige Metz, SDCOE</p>	<p>San Diego County Office of Education (SDCOE) has been working with the Orange County Department of Education and local health education leaders to roll out the new <i>California Health Education Framework</i>.</p> <ol style="list-style-type: none"> 1. Eight overarching standards and six content areas combine to provide skills-based education to develop health literacy. <ol style="list-style-type: none"> a. Each content areas correlates with certain state requirements and health initiatives. 2. Health education framework should inform programming, by using data from district, to address critical needs or gaps due to COVID closures or distance learning. <ol style="list-style-type: none"> a. Encouraging districts to look at LCAPs to identify gaps. b. Looking at health education from a community perspective. 3. Four-pronged approach: 1. Health Education Framework Leadership Team 2. Professional Learning 3. Mini grant program, 4. Technical assistance and resources. <ol style="list-style-type: none"> a. Four leads: Leo Hsu Sweetwater, Tracy Yates San Dieguito, Michelle Presley San Marcos, Natalie Daniels Oceanside b. Professional learning four-class series. <ol style="list-style-type: none"> i. One online asynchronous module and one 90-minute synchronous learning event. All online modules still available on the California Health Education Website: https://californiahealtheducation.org/Pages/Home.aspx 4. SDCOE trained 177 participants with 11 synchronous professional learning events. 5. SDCOE Health Education Framework Mini-Grants: Distributed \$49,355 to 11 districts/sschools to update and align with Framework. <ol style="list-style-type: none"> a. 2 people required to attend SDCOE professional learning series b. Received technical assistance. c. Participants included: Bella Mente Montessori Academy, CVESD, City Heights Preparatory Charter School, Dual

<p>Health Education in Action</p> <p>Heather Cruz, Chula Vista Elementary School District</p>	<ol style="list-style-type: none"> 1. Created an innovative health education project for use in Chula Vista Elementary School District (CVESD). 2. A mini-grant funded a Physical Education teacher to develop of Health Education lesson plans aligned with the Framework and content areas. 3. Used a platform called Nearpod already used by the district. 4. Three lessons created for each grade level with plans to continue adding more lessons in different content areas. <ol style="list-style-type: none"> a. Lessons are completely interactive and can either be controlled by the teacher or used by a student in a self-paced environment. b. Can be used for in-person or distance learning. 5. Heather led the group through an interactive lesson to show how the Nearpod platform can show videos, provide quizzes, and use other methods to teach the content in an age-appropriate way. 6. 	
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<p>Breakout Session</p>	<p>Prompting question: how can we as partners and our work group as a whole advocate for schools to teach K-12 Health Education?</p> <p>Group 1:</p> <ol style="list-style-type: none"> 1. Understanding funding mechanism and advocating for more funding & paid wellness positions 2. Making the connection of things like nutrition education and social and emotional wellness is important 3. Governor Newsome's funding for SELM behavioral health 4. Health is beyond sexual health and education <p>Group 2:</p> <ol style="list-style-type: none"> 5. Who are the positions who tend to go to health education sessions? <ol style="list-style-type: none"> a. Heather Cruz shared that it was mainly teachers that attend b. It is a district decision on how information is dispersed and the content c. Important that wellness leads are aware of this d. Did share with district reps to disseminate information about grants and funding May 2020 6. Might be an opportunity to involve media domain about pitching a story about the mini-grants – spotlight district(s) and the content created 7. Good for other domains to know about this because it is a COI priority to support health education and wellness across all areas 8. Health education is no longer a high school graduation requirement because it is no longer a CSU or UC college admission requirement, which is a much bigger advocacy point – a large balancing act due to equity issues. 	
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