

<b>Schools &amp; After-School Domain Meeting Minutes:</b> Tuesday, February 15, 2022, 2:00pm-3:30pm Via Zoom	<b>Next Meeting:</b> Tuesday, March 15, 2022, 2:00pm-3:30pm Via Zoom
<b>Attendees:</b> Deirdre Kleske (HHSA), Jennifer Taylor (COI), Alison Rosenstock (Feeding San Diego), Samantha Sonnich (HHSA), Maddy Moritsch (Healthier Generation), Angeles Nelson (Nourish California), Shohre Zahedi (Hygia Weight Loss & Nutrition), Paige Metz (San Diego County Office of Education), Heather Cruz (Chula Vista Elementary School District), Kate McDevitt (SDUSD), Amanda Mascia (San Diego Hunger Coalition), Janelle Manzano (SDUSH), Amy Zink (Bayside Community Center), Araceli Mondragon (San Diego Hunger Coalition), Emma Lenney (SAY San Diego), Heather Berkoben (Dairy Council), Lorrie Lynn (Rady Children's), Melissa Galinato (HHSA), Mike Miller (HHSA Behavioral Health Services), Monica McGill (County of San Diego Community Health Equity Team), Shannon Stracener (SAY San Diego), Francis McInnis (Oceanside Unified), Nidia Croce, Suzy Williams (VA Intern), Ashley Jeznach (San Diego Hunger Coalition), Cathy Paredes (Borrego Springs Unified School District)	
<b>Recorder:</b> Sophia Yonus	

Topic/Issue	Discussion	Action
<b>Welcome &amp; Icebreaker</b>	<p><i>In February we celebrate Black History Month and Lincoln and Washington's birthday. If there is a president or figure in African-American history you admire, please enter that into the chat.</i></p> <p><i>A few highlights from partners in response to the icebreaker:</i></p> <ul style="list-style-type: none"> <li>• <a href="#">Biddy Mason - Wikipedia</a></li> <li>• Hottentot Venus (I admire her courage and bravery despite extreme racism)</li> <li>• Martin Luther King</li> <li>• Harriet Tubman</li> <li>• Daniel Hale Williams, open heart surgeon</li> <li>• Rosa Parks</li> <li>• Bessie Coleman</li> <li>• Ron Finley - his Ted talk on guerilla gardening is always a favorite!</li> <li>• Henrietta Lacks!</li> <li>• Kamala Harris</li> </ul>	

	<ul style="list-style-type: none"> <li>• Dept of Nursing &amp; Wellness ... this is a resource we shared in our SDUSD Staff Wellness Newsletter: Books, Websites, and other Historical Materials and Guides on Black Health and Wellness: <a href="https://www.canva.com/design/DAE0pIvaZ70/jxZ-oLxah7BMiksaeZpunQ/view?website#1">https://www.canva.com/design/DAE0pIvaZ70/jxZ-oLxah7BMiksaeZpunQ/view?website#1</a></li> <li>• Mae Jemison NASA Astronaut!</li> <li>• Frederick Douglass</li> <li>• Maya Angelou</li> </ul> <p>New members highlights</p> <ul style="list-style-type: none"> <li>• <i>Shannon Stracener</i>: SAY San Diego program manager for family resource center; introduced to group when awarded a COI mini-grant this year</li> <li>• <i>Araceli</i>: with the VISTA program, supporting San Diego Hunger Coalition in the Hunger Free Program</li> <li>• <i>Suzy Williams</i>: Dietetic intern with the Public Health Department (SDVA Medical Center)</li> </ul>	
<b>Announcements</b>	<ul style="list-style-type: none"> <li>• Angeles Nelson: <ul style="list-style-type: none"> <li>○ Nourish California has one opening on our team. For this one opening, we are considering applicants for either a Senior Policy Advocate or Policy Advocate position. <a href="https://nourishca.org/about/career-opportunities/">https://nourishca.org/about/career-opportunities/</a></li> <li>○ Job posting: <a href="https://nourishca.org/operations/job-announcement-senior-or-policy-advocate/">https://nourishca.org/operations/job-announcement-senior-or-policy-advocate/</a></li> </ul> </li> <li>• Janelle Manzano: <ul style="list-style-type: none"> <li>○ Farm to School Program: Network Gathering Wednesday March 2, from 4-5pm (this is a virtual gathering). Variety of speakers including FoodCorps and Friends of the Earth <a href="https://www.facebook.com/events/478948173616867">https://www.facebook.com/events/478948173616867</a></li> <li>○ FoodCorps Service Member Apps are open until March 31st. <a href="https://foodcorps.org/apply/">https://foodcorps.org/apply/</a></li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>● Mike Miller (with the behavioral health services): <ul style="list-style-type: none"> <li>○ Peer Partners with the county board of supervisors</li> <li>○ New certification process and open up more peer positions within the county</li> <li>○ Certification is a bridge between consumers, youth and the professional services in these programs. Community health worker position but you are paired with an individual. The pairing is based on experiences within certain systems.</li> </ul> </li> <li>● Angeles Nelson <ul style="list-style-type: none"> <li>○ Urge Congress to Support the WIC Bump! <a href="https://act.nourishca.org/action/urge-congress-wic-bump">https://act.nourishca.org/action/urge-congress-wic-bump</a></li> <li>○ Benefits for families in purchasing fresh fruits and vegetable</li> <li>○ \$9-11 per month; \$24-33 per month for children</li> </ul> </li> </ul>	
<b>Bayside Therapeutic Garden Program</b>	<p>Amy Zink, Horticultural Therapist &amp; Program Manager, Bayside Environmental Learning Center (BELC)</p> <ul style="list-style-type: none"> <li>● Learn more about BELC here: <a href="https://www.baysideecc.org/belc">https://www.baysideecc.org/belc</a></li> <li>● Contact Amy: <a href="mailto:azink@baysideecc.org">azink@baysideecc.org</a></li> </ul> <p>Highlights from Amy's presentation:</p> <ul style="list-style-type: none"> <li>● Worked with San Diego Foundation in the summer to have kids involved in extra programs, including this program that demonstrated the power of plants and gardens as therapy for children</li> <li>● Collaborated with Montgomery Middle School in Linda Vista; main objectives was have students get back outside due to the pandemic, and to teach students how to garden and feed families in this community</li> <li>● Partnered with University of San Diego to make a permanent welcoming entry to the garden</li> <li>● Letting older students discover a space where they can relax and feel ownership; older students created touchstones to get to know one another and decrease anxiety</li> <li>● This program is continuing, and there are plans to hold another program this summer.</li> </ul> <p>Q&amp;A discussion:</p>	

	<ul style="list-style-type: none"> <li>● <i>Shohre Zahedi</i>: I was wondering if I can have more information on the “small garden” program on your website.</li> <li>● <i>Amy Zink</i>: Many residents live in apartments and don’t have land to grow food. During the pandemic Bayside received funding to create the Tiny Garden Program; to provide students/families portable grow bags and teach them how to use them: what plants to grow during different seasons, for example. The families meet in person in Linda Vista for continued support.</li> <li>● <i>Amy Zink</i>: We will be providing students utensils for food and the garden, and encourage them to focus on mindfulness on what we’re eating. There is a grant application for the summer if schools want to apply</li> <li>● <i>Deidre Kleske</i>: This relates to the California Health Education content standard of Social and Emotional Health and Nutrition Education goals</li> <li>● <i>Paige Metz</i>: It also hits the content standards of Environmental Principles and Concepts</li> </ul>	
<b>COI Update</b>	<p>Jennifer Taylor, COI</p> <ul style="list-style-type: none"> <li>● Last month, the COI Healthcare Domain hosted a provider workshop titled, <i>Beyond BMI: Cultivating Compassion, Community, and Collaboration</i>, with a focus on trauma-informed care when addressing child overweight and obesity, in support of one of COI’s current priority areas addressing adverse childhood experiences (ACEs). There were about 80 registrants for this half-day workshop. <ul style="list-style-type: none"> <li>○ Speakers included Adrienne Markworth from Leah’s Pantry, Ariane Porras and Brandi Paniagua from YMCA Partners in Prevention, and Dr. Pradeep Gidwani with the American Academy of Pediatrics San Diego chapter, among many others. Attendees learned best practices from these speakers as well as presenters from local community health resources such as Mas Fresco, More Fresh; San Diego Hunger Coalition, 211 San Diego, and others. Reviewing survey feedback and figuring out administrative support.</li> <li>○ The COI Healthcare Domain was able to provide CEUs and CMEs to 21 of the attendees at this workshop and is in the process of reviewing</li> </ul> </li> </ul>	

	<p>survey feedback from the ~70 attendees and presenters (we received 25 responses to the feedback questionnaire)</p> <ul style="list-style-type: none"> <li>In addition, last month the COI Early Childhood Domain hosted a training around the Impact of Trauma in our Communities from the YMCA Partners in Prevention team. The training was open to all partners and we had 57 partners register for the event. The recording was sent out afterwards. This foundational training provided shared language around stress, adverse childhood experiences, positive childhood experiences and the HOPE framework. PIP will be working with the Early Childhood domain to host two reflection sessions in February &amp; March. These sessions will determine action items and next steps to support integrating a trauma-informed lens into the work of the Early Childhood domain and in the longer term support translating this work into the other domains throughout COI. We are also thinking about socio-emotional health and trauma and how that applies to schools and extended learning.</li> </ul>	
<b>School Wellness Policy: District Inventory</b>	<p>Kate McDevitt, SDUSD / Deirdre Kleske HHSA</p> <ul style="list-style-type: none"> <li>Help us update information on any districts you work with <a href="#">using this spreadsheet</a></li> <li>Cassie Muniz is now supporting districts in North Regions for the County's Office of Equitable Communities. She will join Deidre at La mesa-Spring Valley School District's wellness committee meeting in late March</li> </ul> <p>Discussion/Q&amp;A:</p> <ul style="list-style-type: none"> <li><i>Paige Metz:</i> Many districts are re-engaging after COVID; many Wellness Leads facilitating meetings are unfamiliar and need critical pieces to be informed; some wellness leads may not be fully aware of their responsibilities. Making sure they know that there are support systems and assistance for them.</li> <li><i>Shohre Zahedi:</i> You bring up a good point that I discussed in previous meetings with the district. There is often no transition plan when a wellness lead leaves or retires and a new person is designated.</li> </ul>	<p>Help us update information on your district <a href="#">using this spreadsheet</a></p>

<b>Legislative Updates</b>	<p>Angeles Nelson, Policy Advocate for Nourish California</p> <ul style="list-style-type: none"> <li>● Goal is to make sure that everyone in California has the resources and food they need</li> <li>● Policy Updates:             <ul style="list-style-type: none"> <li>○ Food4All - 113 million dollars to expand 25 and 26 (age-based but advocate for all ages); Contact <a href="mailto:betzabel@nourishca.org">betzabel@nourishca.org</a> for questions</li> <li>○ Food With Care - Expand free child care meals for all kids; contact <a href="mailto:kameron@nourishca.org">kameron@nourishca.org</a> for questions</li> <li>○ Boost CalFresh Benefits by Expanding Fruit and Vegetable EBT - AB2153 is the new bill which expands the CalFresh benefits; Call Jared Call for questions <a href="mailto:jared@nourishca.org">jared@nourishca.org</a></li> <li>○ Invest in School Meals for All - advocate effective policies are implemented and adequate funding to reach all students with free school meals;</li> </ul> </li> <li>● School Meals:             <ul style="list-style-type: none"> <li>○ Guaranteed levels of state funding to supplement the federal funding so all students eat free of charge. The concern is that the funding won't truly cover the costs of providing nutritious meals.</li> <li>○ Detailed guidance and robust technical assistance is needed</li> <li>○ Online, statewide system for collecting information about students' household income is needed to help districts collect this information that is needed for federal and state funding.</li> <li>○ Need of infrastructure funding for child nutrition programs</li> <li>○ More time to eat! - The Healthy Meal Time Act (H.R. 6526)</li> <li>○ CEP and P-EBT Advocacy - Build Back Better and Child Nutrition Reauthorization are important bills to provide this needed funding.</li> <li>○ P-EBT 1                 <ul style="list-style-type: none"> <li>■ 500 cards that never made it to families</li> <li>■ they are being expunged</li> </ul> </li> <li>○ P-EBT 2                 <ul style="list-style-type: none"> <li>■ Currently working on; 1 million unpinned cards</li> <li>■ Many CEP school students did not receive P-EBT benefits</li> <li>■ More than \$3 billion has been spent in benefits</li> </ul> </li> </ul> </li> </ul>	
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<b>Schools &amp; After-School Resources Update</b>	<p>Deirdre Kleske, HHSA</p> <ul style="list-style-type: none"> <li>• <a href="#">Review resource updates in this spreadsheet</a></li> <li>• We will revisit this in a future meeting given limited time to check in today</li> </ul>	<a href="#">Learn more and support resource updates in this spreadsheet</a>
<b>Wrap up and Next steps</b>	<p>Next meeting on March 15, 2022</p> <ul style="list-style-type: none"> <li>• Discuss and expand on what districts are doing related to wellness policy</li> <li>• Finalize Web Resource Page</li> <li>• Presentation from a COI mini-grant recipient</li> </ul>	