

Schools & After-School Domain Meeting Minutes: Tuesday, January 18, 2022, 2:00pm-3:30pm Via Zoom	Next Meeting: Tuesday, February 15, 2022, 2:00pm-3:30pm Via Zoom
Attendees: Deirdre Kleske, (HHSA), Kate McDevitt (SDUSD), Melissa Minas (San Diego County Office of Education), Samantha Sonnich (HHSA), Maddy Moritsch (Healthier Generation), Angeles Nelson (Nourish California), Paige Metz (San Diego County Office of Education), Barbara Hughes (HHSA), Heather Berkoben (Dairy Council of California), Nidia Croce (County Oral Health Programs), Kathy Kinane (Move Your Feet Before You Eat), Jennifer Taylor (COI), Amanda Mascia (SD Hunger Coalition), Audrey Hook (Health Link Nurse SD County), Lorrie Lynn (Rady's Children), Davina Hale (The Children's Initiative), Recorder: Rachael Mouat & Sophia Yonus	

Topic/Issue	Discussion	Action
Welcome & Icebreaker	<ul style="list-style-type: none"> What's one healthy habit or activity you'd like to begin or do more in 2022? 	
Announcements	<ul style="list-style-type: none"> <i>Paige Metz</i> grants - SDCOE Health Education grant application is now available! Eligible schools, districts, and charter schools can receive \$50,00-\$250,000 to update health education programming. <ul style="list-style-type: none"> Meeting next Monday to go through the requirements of the application To learn more about the application process, visit the SDCOE Health Education Grant Funding Website: https://www.sdcoe.net/lls/ccr/Pages/SDCOE-K-12-Comprehensive-Health-Education-Funding.aspx Link to SDCOE Health Education Grants flyer including details for Informational Meeting on Jan 24 from 3:30 - 4:30: https://drive.google.com/file/d/1hPIP3Z645n9d5LN7pTUCXP21_eGZn_ymZ/view?usp=sharing <i>Lorrie Lynn</i> - Feb 10th 9:30am-11am Unintentional Child Injuries Report (Lorrie will send Deirdre updated flyer) 	<p>Please share the links with school contacts and health education advocates</p>

	<ul style="list-style-type: none"> ● <i>Madeline Moritsch</i> - <ul style="list-style-type: none"> ○ Alliance for Healthcare Generation and Kaiser Permanente are partnering to offer a monthly webinar series on social and emotional wellness for education staff. Learn about the series here: https://bit.ly/staffwellbeingCDE ● <i>Amanda Mascia</i> - <ul style="list-style-type: none"> ○ Universal free meals for students in CA will start this for fall. Help us spread the word on an upcoming webinar on how promoting CalFresh enrollment can support schools in this transition. Webinar registration here for No Kid Hungry: How CalFresh Promotion Will Move Districts Forward ○ <i>Deirdre Kleske</i>: To recap, when parents enroll children in CalFresh, the district can receive federal reimbursement for their meals, saving the State of CA money when providing all meals at no charge. ● <i>Angeles Nelson</i>: P-EBT 2.0 just sent the last reload to the 5 million cards that had been distributed previously. Eligible students each got \$375 in additional funds, but many of these cards have not been received, or used, by families -- about 1.2 million cards. Help us reach families who have not yet accessed these funds on their cards. Many families may not know they received a card for food or are afraid to utilize them. P-EBT 3.0 is still in process and the CDSS is working to approve a plan for this year. After that they will work on a plan for Summer EBT. <ul style="list-style-type: none"> ○ <i>Amanda Mascia</i>: The Hunger Coalition has a webpage of resources and links to several local orgs that can help with P-EBT enrollment issues: https://sdhunger.org/p-ebt ○ <i>Deirdre Kleske</i>: SD Union Tribune article (front page of the local section) on the topic. The framing of the issue was not ideal, but at least the information about the cards may reach some people this way: <ul style="list-style-type: none"> ■ https://www.sandiegouniontribune.com/news/education/story/2022-01-17/why-families-are-getting-free-money-for-food-in-the-mail 	
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	<ul style="list-style-type: none"> ● <i>Barbara Hughes:</i> <ul style="list-style-type: none"> ○ Building on comments about the Union Tribune article, many families were hesitant to open the envelope or use the card because it was under the child's name. Find a way to make parents aware that these cards are coming their way. We have a responsibility to educate others about these cards. ○ <i>Deidre Kleske:</i> sent an email last week for District Reps to share with school wellness contacts, with phone numbers and the SD Hunger Coalition website, with encouragement to share with families. ○ <i>Kate McDevitt:</i> Job opportunity with HealthCorps to support SDUSD staff wellness team <ul style="list-style-type: none"> ■ HealthCorps, a national organization, is hiring a San Diego Program Coordinator to work with the San Diego Unified School District wellness team and school wellness coordinators/student wellness ambassadors! Please share with those who might be interested: https://apply.workable.com/healthcorpsorg/j/A1FCDD93F5/ 	
Happy, Healthy New Year! Nutrition Education	<p>CalFresh Healthy Living resources - <i>Barbara Hughes, HHSA</i></p> <ul style="list-style-type: none"> ● Presentation highlights: <ul style="list-style-type: none"> ○ CalFresh Healthy Living provides school nutrition education and support for policy, systems and environmental changes in eligible schools (50% or more students qualifying for free and reduced price meals). ○ Provides assistance for wellness committees and can participate in and staff health related events ○ Can provide programs to students in school, in expanded learning programs, and also to parents. ● Discussion <ul style="list-style-type: none"> ○ <i>Davina Hale:</i> Are these opportunities available to afterschool programs? ○ <i>Barbara Hughes:</i> Yes, contact Barbara to discuss needs. 	

	<ul style="list-style-type: none"> ○ <i>Kate McDevitt</i>: Love all of this! We're sharing this information with SDUSD School Wellness Coordinators next month. <p>Dairy Council resources - <i>Heather Berkoben, Dairy Council of California</i></p> <ul style="list-style-type: none"> ● Presentation highlights: <ul style="list-style-type: none"> ○ Let's Eat Healthy goals are to elevate the health of children and families in California through the pursuit of lifelong healthy eating habits ○ Free curriculum for families, teens, adults that live in California. including Google Slides for remote instruction, printed and digital nutrition builders, and videos. ○ Link to resources shared today: <ul style="list-style-type: none"> ■ https://HealthyEating.org/Builders ■ https://HealthyEating.org/ ■ https://HealthyEating.org/TipSheet ■ https://HealthyEating.org/OnlineLearning ■ https://HealthyEating.org/Community-Education-Materials ■ https://HealthyEating.org/Calender ■ Let's Eat Healthy Leadership Award (healthyeating.org) ● Discussion <ul style="list-style-type: none"> ○ <i>Kate McDevitt</i>: Is it possible to get a list of those who are using the Dairy Council curriculum in our district, so we can help to nominate them for the award? ○ <i>Heather Berkoben</i>: She will get back to her on that. ○ <i>Deirdre Kleske</i>: Which of the materials can be used in afterschool programs? ○ <i>Heather Berkoben</i>: Yes, most can be used in the afterschool programs, contact Heather with specific needs <p>“What’s in a Wellness Policy?” resource sheets - <i>Deirdre Kleske, HHSA</i></p> <ul style="list-style-type: none"> ● Updated Nutrition Education resource sheet was shown. All 13 resource sheets have been updated as part of the website resources update project and will soon be on the COI website. Partners will be notified when this is done so resource 	<p>Nominate nutrition educators (in school and with organizations) for recognition from the Dairy Council:</p> <p>https://HealthyEating.org/Award</p>
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	<p>sheets can be shared with wellness leads and committees.</p> <ul style="list-style-type: none"> • <i>Discussion: Paige:</i> How can people add resources to this list? <ul style="list-style-type: none"> ○ <i>Jennifer:</i> Please provide feedback on SDCOI resource pages (and add suggested additions) using this spreadsheet: https://docs.google.com/spreadsheets/d/13xKfTsLvnz4MBTmbB2GHHk_W1dByk0ajjQ_h8lEPb340/edit?usp=sharing ○ 	<p>Provide feedback on SDCOI resource pages using this spreadsheet</p>
COI Updates	<p>COI Updates - <i>Jennifer Taylor, COI</i></p> <ul style="list-style-type: none"> • COI is hosting two upcoming events focused on trauma-informed care, as part of our ongoing efforts to address adverse childhood experiences as a priority area for the coalition. <ul style="list-style-type: none"> ○ COI's Healthcare Domain is hosting a VIRTUAL workshop titled "Beyond BMI: Cultivating Compassion, Community and Collaboration for Wellness" on Saturday, January 22nd, 8am-1pm. Last day to register is Thursday. ○ Beyond BMI tickets and event information are available via Eventbrite at https://beyondbmi.eventbrite.com. ○ This workshop focuses on trauma-informed approaches for healthcare teams to engage children and families on weight management and nutrition. Several speakers and community-based organizations will be showcasing their work at this event including many COI partners such as 2-1-1 San Diego, Olivewood Gardens, Leah's Pantry, YMCA San Diego's Partners in Prevention, and the American Academy of Pediatrics. ○ The Early Childhood Domain is hosting a virtual training, The Impact of Trauma in our Communities, led by YMCA Partners in Prevention on Tuesday, January 25th from 10am-12pm. ○ Register to attend here: https://ucsd.zoom.us/meeting/register/tJUvduGprD4uGdwQ2iEECE7TpFfiGsdEMuGM. ○ The Tuesday training is intended as a foundational introduction about the impact of trauma for those who work serving children and families. 	

	<p>In this training participants will explore and discuss: definition & types of trauma, types of stress, brain science, Adverse Childhood Experiences (ACEs), Positive Childhood Experiences (PCEs), and HOPE (Healthy Outcomes from Positive Experiences). You can find a glossary of terms that will be discussed here.</p> <ul style="list-style-type: none"> • COI is also preparing for its upcoming annual retreat. The retreat is attended by members of the Leadership Council, which include the co-chairs who lead this domain. The Leadership Council includes co-chairs of all of the domain workgroups as well as COI's executive leadership and a handful of additional seats. <ul style="list-style-type: none"> ○ Typically the retreat is a time for reviewing priority areas for COI, such as our focus on ACEs. ○ This year's retreat is a little different as we will be supporting an ongoing process in COI to support its priorities related to health and racial equity, by strengthening our community-centered and community-led ways of working. ○ Specifically, over the past 1+ year, the COI Community Domain workgroup has been guiding a strategic planning process to create a Community Council, which may operate somewhat similarly to the Leadership Council or a domain workgroup. ○ This group currently is made up of resident leaders and community representatives who are serving as its interim council. During the retreat, the Leadership Council and interim members for the Community Council will convene to align on processes for COI to set its priority areas, informing these transitions for COI over the upcoming months. ○ These groups will also reconvene in the spring to put some of those processes into practice as part of our annual policy agenda convening, where we review our policy agenda. 	
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<p>Two-Year Work Plan Review</p>	<p>Two-Year Workplan Update - <i>Jennifer Taylor</i></p> <p>Workplan overview</p> <ul style="list-style-type: none"> • Each of COI's Domain Workgroups creates and periodically updates a work plan document to support annual strategic planning. • Typically this document covers a domain's priorities and objectives for a 2-3 year period. Following discussions in the Fall about key project areas for this domain as part of our September meeting and separate discussions with the co-chairs, the document shared in the chat reflects our most recent work plan as of December 2021. • Discusses the purpose of the work group and how they collaborate with other domains. • The first page of this document serves as a general overview of COI and of the Schools & AS Domain, with more specific projects delineated on the second page. Focusing on objectives/projects, this domain is currently focused on 4 key items: <p>1) Support districts with wellness policy strengthening, implementation, and assessment, with a focus on:</p> <ul style="list-style-type: none"> • Social and Emotional Wellness, including trauma-informed and restorative practices, to improve student engagement and attendance. • Increased access to and participation in school meal programs • Comprehensive K-12 Health Education • Physical Education: standards-based instruction to develop physical literacy • Meeting triennial wellness policy assessment requirement by June 2021* <p><i>Kate McDevitt:</i> This is an important part of our work. This helps keep districts on track. <i>* Deirdre Kleske:</i> Deadline of 2021 or 2022 for wellness policy assessment, depending if a district received a waiver..</p> <p>2) Increase access to and participation in school meal programs (focus area for 2020-2021).</p>	
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	<ul style="list-style-type: none"> • With the introduction of policies for universal school meal programs, we have a lot of success to celebrate in this area and have put this item on pause, although there may be ways to continue to support school meal programs at a later date (such as to support implementation of universal school meal programs and policies) <p>3) Advocate for and support comprehensive health education in grades K-12.</p> <ul style="list-style-type: none"> • Support roll-out of California Health Education Framework. • Explore opportunities to advocate for inclusion of health education questions on state standardized tests. • Explore opportunities to advocate to add a health education requirement for UC/CSU admission. • Proactive legislative and administrative advocacy to support comprehensive health education (collaboration with Government Domain) <p><i>Paige Metz:</i> Utilizing the funds we received to get tasks done between now and May. Future discussions about how we leverage funding.</p> <p>4) Provide a regular forum for partner education, engagement, and collaboration, including Legislative and Administrative Advocacy to support healthy schools.</p> <p>Partner Engagement:</p> <ul style="list-style-type: none"> • Plan speakers and education opportunities based on partner feedback and areas of interest • Plan icebreakers and team-building activities for virtual and in-person meetings • Take opportunities to recruit new members and follow up with new meeting attendees <p>Legislative Activities: (e.g. NourishCalifornia)</p> <ul style="list-style-type: none"> • Provide legislative updates to partners and Leadership Council. Priority areas include but are not limited to: School meal programs; Other healthy food access, including addressing sugary beverages; Physical education; Physical activity, including Safe Routes to School; Afterschool programs; and School-based preschools 	
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	<ul style="list-style-type: none"> Identify bills to recommend to the COI Leadership Council and work group partners for support Support Administrative Advocacy on the same priority areas <p><i>Deirdre Kleske:</i> We have partners working on the education aspects. Presentation next month regarding this.</p> <p><i>General discussion with workgroup:</i></p> <ul style="list-style-type: none"> <i>Angeles Nelson:</i> Objective 2 - Agree with the need for implementation support, including advocacy to support more funding for these programs in the state. Perhaps it can also include summer EBT advocacy as an area. 	
School Summit - session overviews	<p><i>Deirdre Kleske, HHSA:</i></p> <p>Here is a link to to a very short video that highlights the nine School Summit sessions at the 2021 Live Well Advance: https://www.livewellsd.org/content/livewell/home/toolsforschools/school-summit.html</p> <ul style="list-style-type: none"> QR code at the end of the video provides a link to recordings of all sessions Session topics included attendance supports, teen dating violence, social and emotional health supports, substance abuse resources for students, the Health Education Framework, and more. <p>Deirdre provided some notes on three of the sessions in this slide deck: https://docs.google.com/presentation/d/1csVrYiinnZcb-5xFKviJWLyv6e1hKEnyhkdqcLe8Qy4/edit#slide=id.gfc60284f0c_0_0</p>	<p>Please share the video with your networks, and encourage people to view Summit sessions.</p>
Wrap up and Next steps	<p>NEXT MEETING February 15, 2022 2:00 – 3:30 p.m.</p>	