

Schools & After-School Domain Meeting Minutes: Tuesday, March 15, 2022, 2:00pm-3:30pm Via Zoom	Next Meeting: Tuesday, April 19, 2022, 2:00pm-3:30pm Via Zoom
Attendees: Deirdre Kleske (HHSA), Jennifer Taylor (COI), Shohre Zahedi (Hygia Weight Loss & Nutrition), Paige Metz (San Diego County Office of Education), Kate McDevitt (SDUSD), Amanda Mascia (San Diego Hunger Coalition), Janelle Manzano (SDUSD), Araceli Mondragon (San Diego Hunger Coalition), Heather Berkoben (Dairy Council), Lorrie Lynn (Rady Children's), Mike Miller (HHSA Behavioral Health Services), Francis McInnis (Oceanside Unified), Nidia Croce (HHSA), Cathy Paredes (Borrego Springs Unified School District), Kathy Kinane (Move Your Feet Foundation), Sam Pearse (San Diego Bicycle Coalition), Chelsea Walczak Vircks (AHA), Kristin Hakoum (Alta Planning), Davina Hale (Children's Initiative)	
Recorder: Sophia Yonus	

Topic/Issue	Discussion	Action
Welcome & Icebreaker	<p><i>Kate McDevitt, SDUSD</i></p> <p>Icebreaker: Introduce yourself and also state what school(s) and/or district(s) you work with. State how you are currently supporting schools in their wellness policies or wellness activities.</p> <p>Icebreaker notes:</p> <ul style="list-style-type: none"> • <i>Shohre Zahedi:</i> Weight Loss and Nutrition Program. Representative for Solana Beach and Del Mar School District. • <i>Kathy Kinane:</i> Executive Director of Move Your Feet Before You Eat Foundation. Oceanside/Vista schools. Miles of Smiles program to track children's mileage. • <i>Paige Metz:</i> Domain Co-Chair. San Diego County Office of Education - all schools. Focus on quality curriculum and instruction for health and physical education 	<p>See this spreadsheet on wellness policy-related activities to add/edit information about your school involvement</p>

	<ul style="list-style-type: none"> ● <i>Sam Pearse</i>: Outreach Coordinator for San Diego Bicycle Coalition. Subcontractor with the San Diego Association of Regional Government. The walk, ride, and roll program for all students and schools in the county. Also a Food Corps service member for two elementary schools. ● <i>Mike Miller</i>: County of San Diego HHSA Behavioral Health Services. I'm a behavioral health program coordinator, overseeing a variety of child, youth and family contracts, many of which provide services in the communities and schools in North Coastal, North Inland and East regions. ● <i>Heather Berkoben</i>: Community Nutrition Advisor with Dairy Council of California. Supports Chula Vista and San Diego Unified committees. Also supports the San Diego Unified Health Education Committee and the Chula Vista Wellness Champion Subcommittee. ● <i>Chelsea Walczak Vircks</i>: Senior Director of Community Impact for American Heart Association. Supports San Diego and Riverside County and works with Heather and Deidre, Chula Vista Elementary, and San Diego Unified. ● <i>Nidia Croce</i>: County Health and Human Services, as a Health Information Specialist and Oral Health Educator. Working with Title 1 schools and offering oral health education and providing resources and access to oral care. Also a member of the Chula Vista committee. ● <i>Lorrie Lynn</i>: Prevention Manager for Rady's Children Hospital and Safe Kids coordinator for San Diego. Working with Balboa Elementary for a walking program. ● <i>Kristin Haukom</i>: Active Living contractor in San Diego ● <i>Davina Hale</i>: Children's Initiative Director of expanded learning and works with San Diego County and San Diego Unified. Also providing technical assistance for staff and program development. ● <i>Frank McInnis</i>: Child Nutrition Director in Oceanside. ● <i>Araceli Mondragon</i>: School and Summer Meal Specialist. San Diego Hunger Coalition as a part of the Hunger Free Kids program. Currently working on districts to enroll in community eligibility programs (CEP) and pushing for CalFresh enrollment. ● <i>Kate McDevitt</i>: District wellness supervisor for San Diego Unified School District and the District's nursing and wellness department. One of the 	
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	<p>co-chairs of the Schools & After-School domain. Focus on supporting better wellness policy implementation.</p> <ul style="list-style-type: none"> ● <i>Janelle Manzano</i>: School specialist with San Diego Unified Nutrition Services, helps with school wellness policy and nutrition education in our district. ● <i>Cathy Paredes</i>: Borrego Springs School District as food service director. Serves as 1 of 3 members of our wellness committee. We are short on resources and staff. ● <i>Deirdre Kleske</i>: San Diego Unified and Chula Vista School Wellness Committee. La Mesa Spring Valley meeting next week and supporting as a central coordinator for district reps. ● <i>Amanda Mascia</i>: San Diego Hunger Coalition, as the Hunger Free Kids Manager. Supports every district in San Diego County to help access and promote CalFresh and apply for community eligibility programs (CEP). Also holds bi-monthly Hunger Free Kids Task Force on Mondays at 2pm. <p>Other notes from the chat</p> <ul style="list-style-type: none"> ● <i>Deirdre</i>: Mike Miller, since you support BHS services in North Coastal, North Inland and East regions, who supports them in the other County regions? <ul style="list-style-type: none"> ○ <i>Mike</i>: BHS monitors the services that are being provided by Community Based Organizations that have contracted with the County to provide these services. Wendy Maramba has Central and North Central contracts. Rebecca Raymond monitors contracts in the South Region. 	
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<p>Announcements</p>	<ul style="list-style-type: none"> ● <i>Lorrie Lynn</i>: Safe Kids San Diego reports to the community about unintentional injuries. The San Diego report on leading causes of unintentional injuries and death in children is now on Rady children's hospital website. ● <i>Janelle Manzano</i>: Garden educator, San Diego Unified <ul style="list-style-type: none"> ○ FoodCorps AmeriCorps Applications are open! Due 3/31 https://foodcorps.org/apply/ ● <i>Amanda Mascia</i>: Hunger Free Kids Task Force meeting <ul style="list-style-type: none"> ○ Mar 21, 2022 2-3p ; https://us02web.zoom.us/j/7697649134 ○ Bi-monthly ● <i>Deirdre Kleske</i>: The County of San Diego's K-12 Sector Team was the Community Partner honoree in the 2022 "Honoring Our Own" awards winners of the San Diego County School Boards Association Region 17. Congratulations to the team! Read more about this honor here. ● <i>Heather Berkoben</i>: Collaborated with Natomas Unified School District for a 3-part podcast series titled "How Do School Meals Support Students' Health and Well-being?" ● <i>Deirdre Kleske</i>: World Water Day is March 22nd. CDC offers a new Healthy Hydration Checklist (link also in agenda). Funding is available to improve water safety and access to water in public schools in California! Interested schools and districts can contact agua4all@rcac.org to determine eligibility and get assistance in completing the application. <ul style="list-style-type: none"> ○ Eligible project types include water treatment devices for LEA's where contamination is a current issue, replacement of water fixtures for schools with lead contaminations and, if applicable and approved, installation/replacement of drinking fountains in schools. Learn more here. ○ <i>Chelsea</i>: American Heart Association is also promoting this program 	
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<p>Presentation: <i>Walking around the World: A pedestrian campaign at Balboa Elementary School</i></p>	<p><i>Lorrie Lynn, Center for Healthier Communities, Rady's Children Hospital</i></p> <p><i>COI mini-grants program background:</i> Each year San Diego County Childhood Obesity Initiative (COI) releases a Request for Applications for mini-grants to support partner organizations that address policy, system, or environmental changes supporting healthy eating and active living. This year, there were 17 applicants with a request for over \$75,000. Funding typically covers only 2-3 projects, however this year a generous gift from Blue Shield California's Promise Health Plan provided funds for an additional 8 mini-grants! Rady Children's Hospital's "Safe Kids to School" program was a mini-grant recipient of the 2021-22 program.</p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> ● Balboa Elementary Movement Club launched October 22, 2021 <ul style="list-style-type: none"> ○ Encourages walking as a form of transportation to school ○ Focus is on Wednesday Walk days since this is a half-day for students, allowing the program to run after school each week. ○ This brought more families together to walk with their children around school and increased exercise and movement for children and parents. ○ The COI mini-grant assisted in delivering this program, including covering costs for incentives like toe tokens, gift certificates, San Diego Zoo tickets ● Who's Walking by the Numbers <ul style="list-style-type: none"> ○ Average of 69 student walkers (458 runners) across 16 Wednesdays ○ 490 laps and 368 miles ○ 14,700 calories total ● Run Club tags are used to track activity for participants ● Going Forward <ul style="list-style-type: none"> ○ Coffee with the Principal (talk with parents about pedestrian safety) ○ Continue to track Movement Club ○ Support walk to school with opportunities to win tickets for San Diego Zoo <p><i>Discussion:</i></p>	
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	<ul style="list-style-type: none"> ● <i>Paige Metz</i>: Was there any discussion about walking in the morning? Data shows walking before school improves academic performance. ● <i>Lorrie Lynn</i>: One of the challenges was COVID and parents not allowing their kids to walk to school, so walking <i>at</i> school was more popular. ● <i>Deidre Kleske</i>: Parents could do laps in the morning when dropping kids off to school - maybe a future idea. ● Lorrie also shared information about a new report from Safe Kids San Diego: “Childhood Unintentional Injuries in San Diego” https://www.rchsd.org/documents/2022/02/safe-kids-report-2022.pdf/ 	
Presentation: Active Transportation Assemblies: Resources to support safe routes to schools	<p><i>Sam Pearce, San Diego Bicycle Coalition</i></p> <ul style="list-style-type: none"> ● General overview of active transportation assemblies offered through San Diego Bicycle Coalition and San Diego Association of Regional Governments: <ul style="list-style-type: none"> ○ Our events help make it safer and easier for students to walk, bike or use other modes of active transportation to commute to school daily. ○ They encourage active transportation and school wellness and help create Safe Routes for Kids. ○ We help kids get to school safely without a car by teaching how to wear a helmet properly and operate a bicycle proficiently. ○ Assemblies and bike rodeos are taught by licensed and insured instructors, are presented in English and Spanish, are free to school district and youth organization groups of all sizes, and can be virtual (live stream) OR conducted in-person. ○ New course for high school students to teach new drivers how to safely share the road with bicycles and pedestrians. ● Learn more about active transportation assemblies in this flyer and by visiting the iCommuteSD website and the SD Bike Coalition: sdbikecoalition.org <p><i>Discussion:</i> <i>Deidre Kleske:</i></p> <ul style="list-style-type: none"> ● Are bikes provided for the bike rodeo? <p><i>Sam Pearce:</i></p>	

	<ul style="list-style-type: none"> • We prefer students to bring their own but upon their circumstances, we loan or give bicycles • Free Bikes for Kids are on the San Diego County Bicycle Coalition Website <ul style="list-style-type: none"> ○ sdbikecoalition.org ○ https://icommutesd.com/docs/default-source/walk-ride-roll/5601-sandag-icommute-walk-ride-roll-classes.pdf?sfvrsn=5f46205_2 ○ Collected and gave away over 600 bikes 	
COI Updates	<p><i>Jennifer Taylor, COI</i></p> <p>Retreat updates</p> <ul style="list-style-type: none"> • Over the last several weeks, COI hosted a series of events for its annual retreat, which supports ongoing alignment and strategic planning for COI. Typically this event is attended by members of the Leadership Council, which serves as a steering committee for COI and includes co-chairs from each of the domain workgroups. This year, the retreat focused on a priority area raised by the Leadership Council over the past 2 years: deepening involvement of community members in COI to support its commitment to health and racial equity. With that in mind, this year's retreat focused on the Community Domain's exploration of a new committee comprising community leaders, called the Community Council. At the retreat, the Leadership Council and interim Community Council members together defined agreements for engagement that will shape ongoing involvement of residents within various aspects of COI. • As a next step moving more into strategic planning, the COI will be reviewing its policy agenda during an upcoming Leadership Council meeting (April 11th), where they will be joined by interim Community Council members and Board of Supervisors Vice Chair Nora Vargas. Together, the group will review potential policy areas raised by COI members. <p>About COI's policy agenda</p> <ul style="list-style-type: none"> • Each year the COI advances two high-level and broad impact policies, systems, or environmental changes at the local, countywide/regional, or state 	<p>Submit recommended topics, issues, and policies for COI's policy agenda using this Google Form by March 25.</p>

	<p>level. Each policy agenda item must support COI's overarching goals related to healthy food and beverage access, opportunities for safe physical activity, and improved social, economic, service, and built environments that support healthy eating and active living.</p> <ul style="list-style-type: none"> Over the past year, COI supported the following two policies: <ul style="list-style-type: none"> SB464 (Food4All): Modernizes the California Food Assistance Program to provide state-funded nutrition benefits to all Californians ineligible for CalFresh solely due to their immigration status. This policy is currently under consideration in the Governor's proposed budget. The COI is continuing to support this effort in partnership with Nourish California. AB1163: Restores local control to cities and counties to tax sugary beverages. COI supported this policy over the last year by engaging community residents from Poder Popular, El Comité Organizador Latino de City Heights (COLCH), Kitchenistas, Youth Advisory Council, and local independent volunteers in advocacy training through Public Health Institute and meeting with 12 city, county and state elected officials. In addition COI hosted informational presentations from the Praxis Project and El Susto screening, a biweekly workgroup with COI partners, and connected with statewide and national partners through the American Heart Association and Centers for Science in the Public Interest. Despite efforts at the state and local level, AB1163 died in committee on January 31, 2022. With the conclusion of this effort, COI would like to explore a new policy area. <p>Opportunity to offer input</p> <ul style="list-style-type: none"> The COI backbone is collecting recommendations for the policy agenda through March 25. Ahead of April 11th Leadership Council meeting, the COI backbone staff will work with the office of Supervisor Vargas to review recommendations and identify a narrowed set of options to discuss during that meeting. 	
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	<ul style="list-style-type: none"> If there are specific areas you would like COI to support, you can submit via this Google Form or share ideas now during our meeting. 	
Health Framework Roll Out	<p><i>Paige Metz, SDCOE</i></p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> Intended outcome is to build health literacy by developing skills with analyzing influences, accessing valid information, interpersonal communication, decision making, goal settings, and health promotion \$2 million from HHSA will support: <ul style="list-style-type: none"> Free professional development Public school grant program Technical assistance and resources Professional Learning Opportunities <ul style="list-style-type: none"> 4 Sessions and consists of 1 online asynchronous module and 90 minute synchronous learning event SDCOE Public School Grant Opportunities <ul style="list-style-type: none"> Eligibility: >50% free and reduced meals Healthy Place Index of 3 or 4 Funding by enrollment (\$50,000-\$250,000 per LEA) Rolling Applications now available grant information is on SCDOE K-12 and funded over \$1 million for hundreds of thousands of students More than \$600,000 left so encourage districts/schools to apply! Technical Assistance <ul style="list-style-type: none"> For any school or district in San Diego County <p>SDCOE Health Ed Update Slides: https://docs.google.com/presentation/d/1npaj5WgddRc2qSi9QuuqRIDFD2x4NmXbxXSfXS4w7TU/edit?usp=sharing</p> <p>To support the California Health Education Framework roll out, we would like your suggestions on presentation topics that align with the 6 health education content areas:</p> <ul style="list-style-type: none"> Nutrition & physical activity 	<p>Review Health Education Slides and linked Jamboard to continue adding suggestions aligning with the framework's roll out.</p>

	<ul style="list-style-type: none"> • Growth, development, & sexual health • Injury prevention & safety • Alcohol, tobacco, & other drugs • Mental, emotional, & social health • Personal & community health <p> <i>Discussion: What presentation topics can we think of that would align with Health Education content standards? What resources contribute to all or some of these different content areas? What types of community support are available to contribute to these content areas?</i> </p> <p> <i>See Jamboard for more details and to contribute.</i> </p> <p> <i>Ideas listed:</i> </p> <ul style="list-style-type: none"> • Nutrition and Physical Activity <ul style="list-style-type: none"> ○ Action for Hungry Kids has a lot of resources ○ AHA has a lot of resources ○ Healthy choices ○ Dietitian who would like to volunteer ○ Dairy Council curriculum and HealthyEating.org ○ Academy of Nutrition and Dietetic resources ○ Children's Initiative has free dance classes for after school programs ○ NourishCA - advocacy to support policies that improve access to nutrition • Mental, Social, and Emotional Health <ul style="list-style-type: none"> ○ County Behavioral Health Services (BHS) contractors have resources for schools/districts ○ Amanda (SDHC) has connections at IBPF and Sharp Mesa Vista for programs for parents and the youth • Growth, Development, and Sexual Health • Injury Prevention and Safety <ul style="list-style-type: none"> ○ Safe Kids San Diego has resources on all leading causes • Personal and Community Health <ul style="list-style-type: none"> ○ Dairy Council had Community Nutrition Education resources 	
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	<ul style="list-style-type: none"> ○ COI mini grants includes cooking and health education programing <p><i>Deidre Kleske:</i></p> <ul style="list-style-type: none"> ● We could have presentations at our meetings on some of these topics. 	
Schools & After-School Resources Update	<p><i>Deirdre Kleske & All Partners</i></p> <p>Website updates for the Schools & After-School resources can be found here: https://sdcoi.org/focus-areas/schools-and-after-schools/resources/ To provide recommendations on additional updates or content additions, please use this spreadsheet.</p>	
Wrap up and Next steps	<p>Please review the California Health Education website</p> <p>If you have a presenter you can recommend for a future meeting please contact Deirdre.Kleske@sdcounty.ca.gov</p>	<p>Review the California Health Education website</p>