

Tuesday, September 10, 2019

Wellness Committee Meeting Notes

Attendees

Adel Domingo, Antelope Valley partners for Health
Alecia Woods, Director of Child Nutrition
Amy Wiese, Kaiser Permanente Community Benefit Manager
Ayanna Joshua, PLP
Bobbie Bodie, PSD Nutrition and Wellness Consultant
Candace Craven, Coordinator of Extended Learning and Community Outreach
Cathy Traugott, Assistant Director of Child Nutrition
Diana Marlatt, LA Counselor
Diana Perkins, SW Teacher
Erwin Bryant, M/O Maintenance Worker & CSEA Union Steward
Estefania Rodriguez, Antelope Valley Partners for Health
Frances Ufondu, Chief Business Officer
Jessica Morales, Tarzana Treatment Center
Jim Firth, Benefits Analyst
Joanna Barker, Antelope Valley Partners for Health
Johna Avila, Assistant Director of Child Nutrition
Julie Ferebee, Director of Health Services
Keisha Burns, SH Counselor
Stephen Updyke, Tarzana Treatment Center
Teresa Gatti, SG Social Emotional Learning Specialist
Valarie Whicker, MQ Teacher

Agenda Items

1. Welcome & Introductions
 - a. Attendees shared their name, department/school/organization, and something they enjoyed about the summer.
2. Reports/Updates:
 - a. Antelope Valley Partners for Health (AVPH) shared their Smoke-Free Outdoor Areas Project aimed to Reduce Secondhand Smoke in Lancaster and Palmdale.
 - i. They're seeking opportunities to conduct a survey and presentation about the project to community members. The presentation is for 20 minutes only and it covers the Health Status of the AV (specifically Palmdale and Lancaster) in relation to smoking, What's in a Cigarette, Vaping, Effects of Smoking and Secondhand Smoke, Health Effects in

Children, Adults and Pets, and the activities for implementation in both cities.

b. Tarzana Treatment Center

i. DEA360 Train-the-Trainer October 16 & 17th

1. Trainees can be members of substance use treatment or prevention organizations, health care providers, law enforcement, civic leaders or anyone who is committed to and concerned about their community. People should attend even if they do not plan to be a presenter ... they can help organize presentations in their community.

2. 4 Trainings will be held, but trainees only need to attend one:

a. 2 Trainings will occur at Larry Chimbole Cultural Center (38350 Sierra Hwy, Palmdale, CA 93550)

i. Wednesday, October 16, 2019

ii. 2:00pm-4:30pm or 6:00pm to 8:30pm

b. 2 Trainings will occur at Antelope Valley Hospital Community Resource Center (44151 15th Street West, Lancaster, CA 93534)

i. Thursday, October 17, 2019

ii. 10:00am-12:30pm or 2:00pm to 4:30pm

ii. DEA Drug Take Back Day on October 26th from 10 am – 2 pm at Kaiser Permanente's Butterfly Building

1. Turn in your unused and expired medications for safe disposal for free at their drive through drop off.

c. LACOE Wellness Symposium 9/19 in Whittier

i. Invited all wellness committee members to attend

d. Healthy Wage School District Challenge

i. School District Wellness Challenge begins September 20, 2019.

e. City of Hope Walk/Run for Cancer on Saturday, September 28th at Pelona Vista Park

3. Review of 2018-2019 Action Plans:

a. [PSD Health and Wellness Web Page Created](#)

i. You can find it on the PSD district web site, under the Departments header, with the title of Health & Wellness.

ii. The public is able to view the web page and all information that has been uploaded.

1. Committee viewed the web page.

- iii. Bobbie has created a flyer to promote the new web page and will have it sent out through PSD News.

b. **School Health Index (SHI) Results**

- i. Completed by 22 schools.
- ii. Overall Lowest Scoring Sections
 1. Health Education = 45%
 2. Staff Involvement = 53%
 3. School Wellness Environment = 54%
 4. Family & Community Involvement = 55%

c. **Update the Wellness Policy**

- i. Update: A compilation of the suggestions from the wellness committee has been integrated into the California School board Association's model policy and was submitted to be reviewed during the CSBA workshop that occurred in July. Will be board approved with the rest of the updated board policies from the workshop in the near future (no date set as of yet).

4. **Physical Activity Break – Circuit Exercises**

5. **Creating Action Plans for 2019-2020**

a. **Put wellness resources on Class Link for teachers and students to utilize**

- i. Wellness website resources
- ii. Health and nutrition curriculum

b. **Increase physical activity**

1. **Physical activity break videos on YouTube**

- a. Bobbie has a PSD account already that we can link them too
- b. Stress to principals to incorporate physical activity breaks in the classroom
 - i. Need to gain support from appropriate District Office Administrators to support and encourage these efforts
- c. Have activities set-up during recess time to encourage students to engage in more physical activity
- d. Paint the blacktops in the playgrounds that will engage the kids in obstacle courses and games.

- i. Resource: Peaceful Playgrounds and Rick Myers (PE Teacher at GP with access to stencils).
 - c. Community and Family Involvement/Engagement
 - d. Add health and wellness curriculum into the substitute teacher's folder at each school site.
 - i. Bobbie Bodie will share information for Julie Ferebee to present at Principal's meeting to include this information
 - ii. Bobbie will also obtain free curriculum from USDA's Team Nutrition for each school site.
- 6. Additional Notes:
 - a. Suggested that a Health Educator or Wellness Coordinator position could be helpful to support the district with implementing future action plans.
- 7. Adjournment

Next Meeting

- December 10, 2019 at 12 pm
 - Location to be determined as we are unable to book the SDA at the moment. Updates will be sent to the committee as soon as a room has been secured.