

San Gabriel Unified School District Wellness Council Meeting (SGUSD-WC)

Minutes

5/14/19

3:15-4:30 PM

District Education Center

In Attendance:

Cheryl Wilson (Principal, Roosevelt), **Socorro Beti Martinez** (Teacher, Roosevelt), **Lon Sellers** (Student Support Services), **Jim Symonds** (Assistant Superintendent, Educational Services), **Hillary Tran** (School Nurse), **Isabel Millan** (Food Services Director), **Kathleen Leon** (Lead District Nurse), **Kristin Fyfe** (Food Services Consultant), **Lorena Gutierrez** (Teacher, Roosevelt), **Vimala Bagri** (Teacher, Coolidge)

CPR and Stop the Bleed – Kathy Leon

This year Kathy and the others trained 106 staff members district-wide at school site professional development and district offices. They hope to continue next year to reach all the people not reached this year. Kathy went to the LACOE School Health Managers meeting for the Stop the Bleed training. The program is conducted by trauma centers in LA County. They offer Stop the Bleed trainings free to school districts, so we will try to have them come out during professional development days. Kathy discussed with Adela about whether PTA groups and parent meetings would like to receive the training. After school CPR program at Jefferson is a possibility for students next year. Stop the Bleed is based on what the military has learned from Afghanistan and Iraq wars about how to pack a wound, use tourniquets, apply pressure, etc. to prevent blood loss. The training is about 90 minutes.

Staff Wellness

Vending machines with soda are only in staff lounge, but even in those vending machines most of the products are water. Staff set an important example for students. How should we share out YMCA info? Teachers may not want to work out where their students might be working out. We could possibly build district fitness center, but would have to worry about liability and if they're on contractual time. There is some interest in Walkadoo or a similar program – could foster fitness competition between school sites.

Vimala does PE in the morning for 1st 2nd 3rd at Coolidge. At Roosevelt, 2nd and 3rd grades have PE together in stations and rotations. The Roosevelt garden is thriving; Cheryl made her squash blossoms recipe for students.

Site Updates

Breakfast and lunch programs still on for summer at Del Mar and other sites. Many children from the community come to eat at Del Mar.

Chrissy Aulicino from Special Olympics is willing to provide ribbons for games that were canceled due to rain.

Teachers would like to have puberty video from Proctor & Gamble at beginning of the year so 5th grade students are aware of changes to their body before they happen. Oftentimes, children have begun to experience changes during the year before watching the video at the end. Video is always available to watch online: <https://www.pgschoolprograms.com/Educators>

Student volunteering with Planned Parenthood would like condoms distributed at school campuses; SGUSD focuses on abstinence as best method. Schools at other districts with school-based clinics have condoms available. GHS and Del Mar currently do not provide condoms to students but provide information where students can access care.

2019-2020 Goals

Add social emotional learning as a goal for the Wellness Council. Increase social emotional learning opportunities at sites and throughout district. Teachers (especially at elementary) could use training on dealing with students having social-emotional health issues. We could have quarterly parent training and awareness of mental health support. Parents would like to know what the indicators are and how to handle them. Explore resources and programs to share.

Roosevelt considering Mommy & Me class for how to get kids ready before they go to school.

Discuss phone technology and effect on mental health.

Equipment for PE as a potential goal.

Roosevelt is painting the yard, and wants to do a skills circuit around TK and 1st grade area.

The next meeting will be held Fall 2019.

Meeting Adjourned at 4:15 PM

What's Going Right in Student Health?

- Alcohol, cigarettes, heroin, prescription opioids, MDMA (Ecstasy or Molly), methamphetamine, amphetamines, sedatives, and ketamine were at historic low levels in 2018.
- Daily, past-month, past-year, and lifetime marijuana use declined among 8th graders and remains unchanged among 10th and 12th graders compared to five years ago, despite the changing state marijuana laws during this time period. Past-year use of marijuana reached its lowest levels in more than two decades among 8th and 10th graders in 2016 and has since remained stable.
- Cigarette and smokeless tobacco usage continue to be at record lows; however vaping has increased. Students who vaped reported vaping flavor only, nicotine, or marijuana, although they may not know exactly what compounds are contained in the device they are using.
- Alcohol use and binge drinking continued to show a significant five-year decline among all grades. Past-month use of alcohol was reported by 8.2 percent, 18.6 percent, and 30.2 percent of 8th, 10th, and 12th graders, respectively, compared to 10.2 percent, 25.7 percent, and 39.2 percent in 2013. Daily alcohol use and binge drinking (defined as consuming five or more drinks sometime in the past two weeks) also decreased significantly among all grades between 2013 and 2018.

<https://www.drugabuse.gov/publications/drugfacts/monitoring-future-survey-high-school-youth-trends>

- Between 2001 and 2015, the percentage of students ages 12–18 who reported that gangs were present at their school decreased from 20 to 11 percent. The percentage who reported gangs were present at their school was also lower in 2015 than in 2013.
- The percentage of students in grades 9–12 who reported being in a physical fight anywhere decreased between 1993 and 2015 (from 42 to 23 percent), and the percentage who reported being in a physical fight on school property also decreased during this period (from 16 to 8 percent).
- Between 1993 and 2015, the percentage of students in grades 9–12 who reported carrying a weapon anywhere during the previous 30 days decreased from 22 to 16 percent, and the percentage of students who reported carrying a weapon on school property during the previous 30 days decreased from 12 to 4 percent.

<https://nces.ed.gov/pubs2018/2018036.pdf>

- The teen pregnancy rate declined by 63 percent in less than 25 years — from 117.6 pregnancies per 1,000 females ages 15-19 in 1990 to 43.4 in 2013 (the most recent year in which data are available). According to recent research, this decline is due to the combination of an increased percentage of adolescents who are waiting to have sexual intercourse and the increased use of effective contraceptives by teens.

<https://www.hhs.gov/ash/oah/adolescent-development/reproductive-health-and-teen-pregnancy/teen-pregnancy-and-childbearing/trends/index.html>

- Death rate for children and teens is approximately half what it was in 1980

<https://www.childtrends.org/indicators/infant-child-and-teen-mortality>

What's Going Right in Student Health?

- Uninsured rate for children has approximately halved since 1993.
- A smaller percentage of children are exposed to air pollution above standards since 1999.
- The percentage of children with blood lead levels of 5 µg/dL decreased from 99.8% in 1976-1980 to 0.9 µg/dL in 2013-2016.
- 12-17 year olds who were victims of serious violent crimes declined from 43.2 per 1,000 in 1990 to 6.4 per 1,000 in 2016.
- Deaths from injury declined from 97.9 per 100,000 adolescents (age 15-19) to 51.2 per 100,000 in 2016.
- Percentage of children ages 4–17 reported by a parent to have serious or minor difficulties with emotions, concentration, behavior, or getting along with other people stayed roughly steady, at 5.2% in 2001 and 5.1% in 2016. At the same time, an increasing percentage of children received services for emotional or behavioral difficulties.

<https://www.childstats.gov/americaschildren/>

Goal Planning for 2019-20

District or School Site Level?	Goal	Action Steps	Who should be involved?	Resources/Support Needed	Timeline

For reference, these are the 2018-19 District Wellness Council goals:

- Maintain school site wellness committees at all schools.
- Continue to include student input in decisions regarding health, wellness, and school meals.
- Educate staff, students, and families on the district wellness policy and vision.
- Expand community partnerships and collaboration on wellness initiatives.
- Increase physical activity opportunities for students.