

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

Minutes

12/11/18

3:15-4:30 PM

District Education Center

In Attendance:

Mariamanda Sarabia (Food Services Operations Manager), **Kristin Fyfe** (Food Services Consultant), **Kathleen Leon** (Lead District Nurse), **Isabel Millan** (Food Services Director), **Hillary Tran** (School Nurse), **Denise Ledesma** (School Social Worker), **Linda Austin** (Reading Intervention Teacher, McKinley), **Marci Raney** (Professor, Occidental College), **Socorro Beti Martinez** (Teacher, Roosevelt), **Venecia Lizarzaburu** (Director of Special Projects, Ed Services), **Estella Villena** (Teacher, Roosevelt), **Raisa Avezova** (Dentist, San Gabriel Valley Dental Society), **Lorena Gutierrez** (Teacher, Roosevelt), **James Lara** (Supervisor - Youth & Senior Programs, City of San Gabriel Community Services)

Kristin presented on resources for health fundraisers that comply with state and federal laws. PowerPoints, nutrition analysis, tip sheets, and more are available in the online binder. To access the online binder, go to www.sgusd.k12.ca.us, hover over the tab that says "District Information," and click on "School Wellness Policy." From there, click on the hyperlink text that says "Google Binder."

Raisa mentioned that SGUSD could add oral health to the wellness policy. The wellness policy needs to be reviewed every three years, so it could be a good time to look at it for revision.

Denise Ledesma presented on mental health at Gabrielino. She shared a curriculum called Calm Classroom (calmclassroom.com) with strategies for mental health such as mindfulness, body scans, listening activities, etc. It helps teachers feel better equipped to teach mindfulness. The curriculum includes CD to play the mindfulness activities to the classroom, but teachers have access to words as well if they would like to read them instead. Many of the activities are about three minutes long, so teachers don't have to teach a full lesson. It also includes stretching within seat for students who get sleepy when doing other activities. Students report they would like to do it more often

Through partnership with Friends of the San Gabriel Library, Denise shared they were able to show a documentary called "Angst" at Gabrielino. Students enjoyed it because it made them feel validated and increased awareness of anxiety. It helped parents to understand what students are going through. The handout (see attached) that went with the film includes tips about anxiety and information about anxiety. SGPD Mental Evaluation Team Officer Magaña, Asian Pacific Family Center, NAMI (National Alliance on Mental Illness), Department of Mental Health, and others had tables at the event to answer questions and share resources.

During lunch at Gabrielino, they had printed out mandalas and other images for students to color to help alleviate anxiety. Coloring, drawing, and writing can be healthy coping mechanisms. The next event will be January, and will focus more on depression.

Roosevelt teachers shared that their students do mindfulness three times a day – first thing in the morning, after recess, and after lunch. It helps students to transition back into classroom. They do mindful listening to sound of bell, belly breathing, total relaxation, imitating blowing hot coffee and holding flowers.

McKinley staff read mindfulness for teachers and discuss it. Practice and training is important to mindfulness.

What was parent turnout for “Angst”? 125 parents RSVP’d for evening event and a little fewer showed up. In the morning, half the theater filled with students.

The professional development November 2nd included popular sessions for teachers and administrators on stress relieving techniques and meditation.

Linda and James would like a PDF of elementary Calm Classrooms curriculum. Hillary or Denise may share it with the Wellness Council.

Mindfulness activities have been rolled out by Hillary at Washington, Roosevelt, McKinley, and Coolidge. Wilson got delayed during transition with new principal.

James from the City of San Gabriel discussed two joint use sites, after school programs at Washington, McKinley, Wilson, and Coolidge. They offer a sports program, basketball, flag football, and after school program with homework help and fun activities. The City of San Gabriel is looking for new ways to collaborate with the district; extended the Calm Classroom activities to the after school program may be one way to do so.

Kristin shared CDC’s new springboard for classroom physical activity website (<https://schoolspringboard.org/classroomphysicalactivity/>) and new physical activity guidelines (https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf).

San Gabriel Valley Dental Society will provide screening for students in February.

Kathy said CPR will be offered again in next professional development. Principals can contact Kathy to get CPR training at their school site.

The next meeting will be held March 5, 2019.

Meeting Adjourned at 4:15 PM

Notes:

If you're unsure whether your anxiety has reached a level of being unhealthy, reach out to a mental health professional. Visit AngstMovie.com for resources like websites, videos, books, find a therapist and more...



Helpful Anxiety Information

What is Anxiety?

Anxiety is an emotion characterized by feelings of worry, fear, nervousness and apprehension. Every person experiences some level of anxiety as a part of life.. When faced with potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival.

Anxiety becomes a problem when it disrupts your day to day life and prevents you from doing things you used to enjoy. Anxiety disorders occur when a reaction is out of proportion to what might normally be expected in a situation. The American Psychological Association (APA) describes a person with anxiety disorder as "having recurring intrusive thoughts or concerns." If you aren't sure if you or someone you care about is experiencing normal feelings of anxiety or severe anxiety that may need medical attention there are many resources to find your pathway to support. Start by talking about it and reaching out to a mental health care professional. You can also visit www.angstmovie.com for a list of resources.

Anxiety disorders are the most common mental health complaint in the United States. As we see in the film, the kids and teens interviewed shared their different experiences with anxiety. Dr. Cora Bruener describes the additional physical symptoms that can accompany anxiety disorders, like chronic stomach or head aches. The APA classifies anxiety disorders into six main types. These include:

Generalized Anxiety Disorder (GAD): creates chronic, everyday worry, sometimes consuming hours of a person's day. Can create physical symptoms of headaches and stomach aches.

Social Anxiety Disorder: more than shyness, a person with social anxiety disorder has intense fear over social interactions, causing them to withdraw and not participate. Often people who suffer from this are very concerned about being judged

Panic Disorder: characterized by panic attacks and sudden feelings of terror that sometime strike repeatedly and without warning. People experiencing a panic attack often mistake them for a heart attack because of the powerful physical symptoms including chest pain, heart palpitations, dizziness, sweaty hands, shortness of breath and stomach upset.

Phobias: We all have certain things or situations that make us uncomfortable or fearful. But a person with a phobia experiences strong, irrational fear over certain places, objects or events.

Obsessive-compulsive disorder (OCD): is an anxiety condition in which a person is plagued by unwanted thoughts, images or impulses (called obsessions) that he/she attempts to fend off or neutralize by performing compulsions (ritualized or repeated behaviors).

Separation anxiety disorder: This is characterized by high levels of anxiety when separated from a person or place that provides feelings of security or safety. Separation sometimes results in panic symptoms. It is considered a disorder when the response is excessive or inappropriate after separation.

Fact: Anxiety disorders are treatable.

Fact: Neuroplasticity of the brain is real. You can change the way you think about something. You can rewire your brain to positivity.

Fact: Distraction allows your amygdala (fight or flight part of the brain) a break. It can be helpful to distract your mind and give yourself some space for a short period, but prolonged isolation can lead to avoidance of anxiety producing situations which reinforces the negative thought process.

Tips for Managing Anxiety

- Distract yourself.

Text a friend	Listen to music
Read a book for 5 mins	Listen to the quietness of a room
Snap fingers back and forth	Try pushups or jumping jacks
Write your feelings in a journal	Focus on your breath

- Think of the logic of the situation.

Example from a teen in Angst: You have a test you are anxious about. You know you studied, you will get at least half right, this test will not define your future.

- Take your mind into a place where you feel safe and/or special. Such as...

The beach	A lake
A field	The mountains
Your room	A forest

- Try Ice cubes in your hand. This will take you out of your anxiety and panic. Your focus will be on the ice cubes and you will move from the fight or flight part of the brain to the frontal lobe, the more rational, thinking part of the brain.

- Focus on looking at your hands and then focus on the floor. Go back and forth-focus close up on your hands and then adjust your focus to the ground. This will help shift the brain into another place.

- Don't avoid. Rise and fall in the perceived threat.

- Talk to someone. Let your loved ones know if you are feeling stressed. Talking about it helps you reframe your concern and increase your opportunity for support.