

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

Minutes

2/28/17

3:15-4:30 PM

District Education Center

In Attendance:

Sheri Rueter (Lead Nurse), **Cheryl Wilson** (Principal Roosevelt), **Hillary Tran** (Nurse), **Jasmine Truong** (Gabrielino student and HOSA President), **Alina Villa** (Dreamweaver Medical Associates), **Mariamanda Sarabia** (Food Services Operations Manager), **Isabel Millan** (Food Services Director), **Kristin Fyfe** (Food Services), **Marcella Raney** (Occidental College Professor), **Adam Thiesen** (Occidental College Student), **Ross Perry** (Washington Principal), **Nancy Johannson** (Coolidge Teacher), **Angela Salazar** (LACDPH Nurse), **Morgan Carey** (Dairy Council of California), **Shirley Gadai** (San Gabriel Library), **Jenna Dizon** (McKinley Teacher), **Sandra Zepeda** (Gabrielino PTA)

The meeting was convened at 3:15 PM.

- Sheri Rueter welcomed everyone and participants introduced themselves.

Dr. Raney presentation on Impact of Environmental and Social Factors on Physical Activity on the Playground

“Play,” “games,” and “sports” all have different meanings. Play has no rules; it is unstructured, imaginative. Games have informal or formal rules and are usually competitive. Games can be sedentary. Usually play involves movement. Sports involve skill to participate.

Then there is work. Work hopefully does not happen during recess and lunch.

In LA County:

- 23% children watch more than 3 hours TV/day
- Only 28.7% meet PA recommendations each week
- 10.9% are completely sedentary

Nationally:

- 1/5 of US schools met PE requirements
- <50% of children living within ¼ mile of school walk or bike
- School hours are the greatest time children spend being sedentary without a break. Outside of school time more active on average
- >7.5 hours per day with media, 7 days/week
- Increase in media correlated with a decrease in light physical activity time, but not moderate/vigorous
- Light physical activity (particularly not sitting too long) might be the most important for long term health

Obesity:

- >25% LA County children are obese
- Obese children are 7-10 times more likely to become obese adults
- Lifestyle habits are established in elementary school
- Obesity is negatively correlated with neurocognitive functioning

Factors impacting physical activity participation at school:

- Sex – boys are more active
- Socioeconomic status (body image issues, uncomfortable with clothing)
- Season (not really a big factor in LA County)
- Recess – more and more teachers have students complete school work during recess or take away as punishment. This does not change student (academic/classroom) behavior over time.
- Space and facilities - more open space helps
- Joint use agreements allow community to use school space outside of school hours

Structured vs. Unstructured Recess

Pros for structured recess:

- Structured recess gives students ideas to immediately do.
- Activities can include all students.
- PBIS (Positive Behavior Intervention and Support) training helps PE teachers include all students and all skill levels

Cons for structured recess:

- Structured recess limits creativity, acquisition of developmental skills
- Unappealing to students who do not like that game
- Requires training

Semi-structured recess involves giving students ideas and suggestions at the beginning of the year, then letting them have free play that may include those suggestions.

Research in Denmark – moderate/vigorous activity levels were related to the type of ground cover. Students were most sedentary on solid surfaces, slightly less sedentary on natural & multi-court, a little more active on the playground, most active on the grass.

Girls spend more time sedentary on solid surfaces than boys (>50% compared to 40%).

Similar results were found in Canada. Swings/slides/etc. increased vigorous activity, largely climbing. Paved sports/courts were related to more sedentary behavior.

Studies haven't looked at longitudinal study before/after playground greening until Occidental study in LAUSD.

Occidental Study:

- 2 elementary schools, one intervention (Eagle Rock), one control (Buchanan)
- 6000 total observations

- Playgrounds divided into zones
- Systematic scans of each zone recording
 - # students engaged in sedentary, light, or m/v pa
 - Primary activity
 - Supervision
 - Equipment
 - Temperature
- Eagle Rock Elementary previously mostly asphalt
- Added logs to sit on learning classroom, granite, mulch, drought tolerant plants
- 35% of space on playground now green
- Before greening Younger students more active than older students
- After greening older students engaged more in low/moderate pa, and less time sedentary
- Students dig in mulch like you would in sand at the beach
- More girls do non-sports activities. More girls do jumping activities, whereas more boys do handball or tetherball
- “Other” category could be freeze tag game, digging in mulch
- After greening, more girls became active
- Girls more likely to follow rules unsupervised; boys less likely to be following rules unsupervised, but more active
- After greening, girls got more creative and less cautious, especially unsupervised in new activities that were unsure were “allowed”
- Equipment resulted in no change
- Results of organized activity – more activity in free play than organized activity because they have to wait for turn in organized activity or be in outfield
- Free play activity for girls increased after greening. Girls played more chasing games, more acrobatic activities on grass.
- Basketball areas and open space areas had highest activity
- Music increases activity levels for all students
- The more benches and tables, the more sedentary behavior. They took tables and benches out of shady area, which increased activity in that area. The impact was greater for older students.
- Greenspace increased student creative play, and creative play is more inclusive.
- Playground supervisor interaction makes students less active. Students love talking to supervisor, but then they aren’t being active. If an adult plays, students move less because they spend more time watching adult and not moving themselves (even though they enjoy it).
- Assigning playground zones to students decreases student activity levels, but did not decrease social conflict (intent in LAUSD was to prevent mixing between ages to have less conflict)
- Study will have follow up to check to see if elevated levels of physical activity continue when novelty wears off
- Will check for temperature effects and see if physical fitness assessments and classroom performance change
- Recommendation is for whole school approach increase access to equipment, being more creative than just balls for equipment (items to stack, climb on, etc.), painting more colorful playground and outdoor spaces
- LA Works is a possible resource to tap. They have volunteers that will do things like paint a mural.

Discussion on Presentation

Grant opportunities are available to enhance the playgrounds at elementary schools.

Are middle and high school students able to use recreational space such as track or baseball field during breaks to be active?

There are disparities for lower income students or students with two working parents who have not had a chance to play soccer or other sports when they were young, so they are less likely to make the team when they get older.

Freshman participation in softball dropping, perhaps due to travel teams?

It is important to work with the community and city to provide sports activities. Joint use agreements could help here because they could stay on the school site and not have to be picked up by parents and taken to a different area for practice.

Review of past meeting and progress of wellness initiatives

Minutes of the 11/15/16 meeting were reviewed and accepted.

Food Services described NAC taste tests and surveys at Washington, school gardens at Roosevelt and Washington, and staff meetings at Coolidge, Washington, and Gabrielino.

Coolidge and McKinley requested info on Beverly Jones (bjones@dpw.lacounty.gov) LA County Department of Public Works and Master Gardener (http://celosangeles.ucanr.edu/UC_Master_Gardener_Program/) for school gardens materials and support. Muir Ranch in Pasadena is another possible resource for plug/seedlings events, see www.facebook.com/muirranch.

The group discussed possibly applying to Game On grants through Action for Healthy Kids for nutrition education and physical activity. These could possibly include playground upgrades and Harvest of the Month taste tests.

Food Services shared updated wellness data and school site specific data.

SEF getting ready for Energize Youth Fitness Expo on June 10 10 am to 2 pm at Jefferson. They are looking for sponsors and vendors to participate. Event will include groups such as YMCA, local pediatricians from San Gabriel Valley Medical Center, camps, volleyball Sports activity, color runs, etc.

SEF also started Architecture, Construction, and Engineering (ACE) after school program at Gabrielino. Future Doctors of America will meet at Jefferson with the goal of reducing heart disease. The final project will be booth at June 10 youth fair.

The next meeting will be held May 2, 2017.

Meeting Adjourned at 4:30 PM