

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

## Minutes

12/5/17

3:15-4:30 PM

District Education Center

In Attendance:

**Hillary Tran** (Elementary School Nurse), **Kathy Leon** (Lead Nurse), **Yvette Raya-Dominguez** (Gabrielino Nurse), **Stacey Gutierrez** (San Gabriel Police Department), **Martin Garcia** (San Gabriel Police Department), **Denise Faigao** (District Social Worker), **Mariamanda Sarabia** (Food Services Operations Manager), **Rebecca Hu** (Asian Youth Center), **Kristin Fyfe** (Food Services Consultant), **Angela Salazar** (LACDPH Nurse), **Isabel Millan** (Food Services Director), **Estella Villena** (Dreamweaver Medical Associates), **Lon Sellers** (Del Mar Principal), **Mary Edkins** (Washington Teacher), **Socorro Beti Martinez** (Roosevelt Teacher), **Estella Villena** (Roosevelt Teacher) **Kent Monteleone** (Gabrielino Teacher), **Sandra Zepeda** (Gabrielino School Site Council)

### San Gabriel Police Department School Community Engagement Team Presentation (see handout)

The School Community Engagement Team (SCET) started on 8/1/17 and moved into DEC with the goal of increasing community engagement to solve problems and promote positive relationships with students.

The SCET works to solve problems by applying three E's:

- Education (take kids to see juvenile hall to learn about what their future could hold if behavior not changed; also educate community about recent crimes and how they can protect themselves)
- Engineering (change public spaces to make crime less likely, such as adding speed bumps and other structural improvements)
- Enforcement (last resort if the other two preventive options do not work)

The SCET shows the big picture to city administrators, police, students, residents. They are here to improve quality of life and make our jobs easier. Other parts of their job include analysis of crime statistics and presentations to students, staff, and the community. They also work on mental health issues with a mental health clinician from LA County Department of Mental Health and Gilbert.

Some other SCET activities include mentoring, giving presentations on safety, neighborhood watch, city events, National Night Out, SARB Board, Business Alert information sharing, protecting senior citizens from scammers, Red Ribbon Week, judging school Halloween costume competition, anything to be more involved in the community. They have an upcoming presentation about overcoming adversity for middle school students experiencing stress.

Looking to the future, the SCET is preparing for a Youth Summer Camp Program and Junior Police Explorer Programs (traditionally for young adults 14-21 years of age, this expands the program to middle

schools) and Youth Leadership Academy (this focuses on mentorship by men because many students do not have a male role model).

Kathy (Lead Nurse) discussed possibility of having SCET present at staff meeting about changing marijuana laws.

### **Mindfulness Demonstration**

Hillary Tran (Elementary School Nurse) presented on mindfulness demonstration with Denise Faigao (District Social Worker).

Denise:

- One in five Americans live with mental health condition
- Common stressors – homework/school, parents/family, social life, news, body image, change, trauma, mental illness
- Anxiety disorders and depression are the most common
- Stress can negatively impact physical health, brain functioning, and mental illness
- Suicide is the second leading cause of death for ages 10-25
- Trauma increases risk of suicide, alcoholism, sexually transmitted illnesses, drug use, antidepressant use, absenteeism, tobacco
- Social-emotional learning from the Collaborative of Academic and Social Emotional Learning (casel.org) focuses on five areas: self-management, self-awareness, responsible decision-making, relationship skills, social awareness
- Several curricula use this model – contact Denise for samples
- State of California working to include social emotional standards
- District supports:
  - Multi-Tiered System of Supports (MTSS)  
<https://www.cde.ca.gov/ci/cr/ri/mtsscompti2.asp>
  - PBIS (Wilson, Washington, Roosevelt, Jefferson) <http://www.pbis.org/>
  - Mental health individual and group counseling in school with MFT (marriage and family therapist) trainees
  - WEB - Where Everyone Belongs (JMS)
  - Mentoring Programs (DMHS)
  - Peer Helpers (GHS)
  - Mindfulness Program (RES, WES, MES)
  - Almansor, a mental health community partner that also sees families at home

Hillary:

- Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.
- Mindfulness benefits include improved school-wide GPA, attendance, decrease suspensions and school violence, reduce anxiety and distress, increase self-esteem, higher test scores, decreased burnout and stress for teachers and admin, increase emotional intelligence, increased coping ability in adults

- Hillary created “Let’s Breathe” program as a project in school. She has five years’ experience teaching mindfulness to children. The program was first tested with Roosevelt Elementary, training teachers and students. Washington became interested as well, then McKinley. Students practice mindfulness first thing in the morning, after recess, and after lunch, with 1 to 3 minutes of breathing each time. It helps kids transition from high activity to school work mode. Some teachers also have students do their mindfulness practice before a test.
- Each teacher has one bell/gong. They strike the gong gently to let the students know to close their eyes and start with three deep breaths – in the nose and out the mouth. They strike the gong softly two more times, approximately once at the beginning of each subsequent deep breath. Then, eyes still closed, the students breathe normally counting their breaths up to ten, and then down from ten to one. They are instructed beforehand to pay attention to how their belly rises and falls with each breath, or the sensation of the breath leaving their nose and passing by their upper lip. If another thought pops into their head – and it will – they simply set it aside and focus on their breathing again. At the end of sets of normal breathing, the teacher gently strikes the gong three more time and tell them they can open their eyes.
- Roosevelt teachers say at first the kids giggled, but now they take it very seriously. It helps calm them after recess and transition to the lesson at hand.
- Kids say it helps them to focus, and some shared that they do it at home before or after dinner or before going to bed. Some students are also trying out body scans to help them relax and go to sleep (see <http://marc.ucla.edu/mindful-meditations> for example body scans).

### **Brainstorming and Networking Time to Plan Action Steps for School Sites and the District**

Mariamanda and Kristin talked briefly about the Whole Child approach that the CDC takes to School Wellness, and how mental health directly affects nutrition and physical activity, and vice versa. San Gabriel Education Foundation (SEF) is working on grants that address all aspects of student health.

Using ideas from a brainstorming last year, new ideas from meetings this year, the school site and district-wide assessments, and a planning worksheet to rank priorities, wellness council members worked on coming up with one to three action steps for their school site or their position for this school year.

**The next meeting will be held February 27, 2018.**

**Meeting Adjourned at 4:15 PM**

## **The San Gabriel Police Department School Community Engagement Team**

### **Introduction**

In the spirit of community engagement and strengthening collaboration among community stakeholders, the San Gabriel Police Department seeks to partner with the San Gabriel Unified School District and Garvey School District to establish the School/Community Engagement Team (SCET). The SCET concept is a fundamental component of the SGPD's mission of increasing community engagement and progressively solving problems by incorporating unique community and school tailored outreach programs.

The SCET unit will be comprised of a full-time SGPD Officer, the department's Community Engagement Officer, and a Police Assistant. The SCET objective will be to support the SGUSD and GSD in their pursuit of educating our children in a safe and engaging environment. SCET will also work to enhance the quality-of-life of the greater San Gabriel community by proactively addressing important concerns and problems as identified by our school district partners, SGPD administration, and the community-at-large.

SCET will collaboratively develop and promote strategies of interest to stakeholders and will support the systemic solutions to proactively address immediate and long-term conditions that give rise to public safety issues in our schools and the community-at-large. Problem solving techniques may include incorporating strategies to develop and expand crime prevention efforts, develop and expand community justice initiatives, assist in identifying environmental changes that can reduce crime in or around schools and the community, assisting in developing policies that address crime, and recommending procedural changes to implement those policies.

### **SCET's duties will include, but not be limited to:**

- ✦ 1) Addressing "on-going" and special problems identified by the various stakeholders arising out the public/private schools and the community-at-large as deemed appropriate by police administration and/or school administration.
- ✦ 2) Proactively engage community stakeholders in identifying community-based problems and collaboratively develop solutions to address them.
- ✦ 3) Serve as the primary liaison between the community and each school district.

4) Participate in the Student Attendance Review Board (SARB) as determined by the Superintendent of the SGUSD or their designee or the Superintendent of the GSD or their designee.

5) Taking the lead in administering and managing the various police department community engagement/crime prevention functions such as Neighborhood Watch, Business Alert, SGPD's Citizen Academy, National Night Out, etc.

**SCET Operational Guidelines:**

1) SCET will work in conjunction with school district officials and School Board Members to identify the best options available for handling sensitive incidents involving members of the school community with best interest of students and the School District as the primary goal.

2) SCET will remain under the direct operational control and purview of the SGPD.

3) Requests for police service(s)/response(s) involving immediate, priority, or emergency calls-for-service commencing from school campuses serviced by the SGPD will be initiated utilizing the police department's business phone line or 9-1-1 emergency phone line and will be handled by the Patrol Division via established protocol.

4) Case derivatives generated from school campuses or the community-at-large incidents requiring additional resources from either the Patrol or Investigation's Division will remain the responsibility of the respective division and will be processed via the established channels under existing protocols. This will include Suspected Child Abuse Reports (SCAR), crimes on campus, etc.

5) SCET or police administration will determine if incidents arising from school campuses or the community-at-large are best suited for handling by SCET.

6) School Board Members will have direct access to SCET as determined by the Superintendent of the SGUSD or their designee or the Superintendent of the Garvey School District or their designee.

7) SCET will coordinate with department personnel assigned to school(s) under the "Adopt-A-School" program for the purpose of developing solutions to address "on-going" issues at the respective school(s) site(s) as they arise.

8) SCET will coordinate the SGPD "Adopt-a-School" activities already underway in both districts

**Logistical Considerations:**

1) SCET will be housed in the SGUSD building.