

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

Minutes

11/12/19

3:15-4:30 PM

District Education Center

In Attendance:

Mariamanda Sarabia (Operations Manager, Food Services), **Kristin Fyfe** (Food Services Consultant), **Kathleen Leon** (Lead District Nurse), **Sandra Dunville** (Principal, Washington), **Gail Calhoun** (Director of Induction and Special Projects), **Jessica** (Nurse, LA County), **Hillary Tran** (Nurse), **Lisbeth Medrano** (Teacher, McKinley), **Denise Ledesma** (District Social Worker), **Adela Angiuli** (Executive Director, San Gabriel Education Foundation), **Gloria Borrayo** (Teacher, McKinley), **Marci Raney** (Professor, Occidental College), **Cheryl Wilson** (Principal, Roosevelt), **Lon Sellers** (Director of Student Support Services; Principal, Del Mar)

The group discussed how in previous meetings, the Wellness Council decided to add a goal for social emotional learning and mental health. The Collaborative for Academic, Social, and Emotional Learning (CASEL) <https://casel.org/> is the recommended tool from Denise Ledesma, the District Social Worker, as well as the tool mentioned in the Mental, Emotional, and Social Health sections of the new California Health Education Framework. Marci mentioned how the new PE Standards are going through a framework review to be adopted in 2021 incorporate social emotional learning.

Some in the group were already familiar with CASEL, and some were not. The group watched a video with an overview of CASEL and how it can improve student performance, quality of life, and future success in the workforce: <https://www.youtube.com/watch?v=Do1R67Ek0NI>

Denise discussed how PBIS fits closely with SEL and MTSS, that 4 schools are implementing PBIS, and that it would be beneficial for all kids get some sort of exposure to an SEL curriculum. Some school counselors and teachers implement SEL, using Second Step (www.secondstep.org/second-step-social-emotional-learning) as a resource. Jennefer Pinela, School Counselor at Roosevelt, implements it. Often it's only at one grade level and not the whole school. [Note: Second Step also developed Mind Yeti (mindyeti.com), which offers 15 sessions of free mindfulness videos for kids in English and Spanish. Other sessions are available with a subscription.]

Gloria said teachers are interested in social emotional learning, but don't have much in the way of support. Kids are coming in with trauma and can't focus in class. Teachers don't know how to start. Some have basic mindfulness from their training with Hillary, but need more resources and training. Many schools are becoming more interested in this topic, can we look at it in the lens of a having a teacher who is an expert in the topic (like a PE teacher) so that it's not added to each teacher's plate.

In Illinois, CASEL is being implemented, as the state has adopted social emotional learning standards. Denise has former colleagues in Illinois with experience in implementing CASEL at schools, who may be able to share best practices.

Gloria has been teaching yoga and mindfulness to students in the past few years on her own based on her own research. However, the number of students in the classroom is also a barrier when it comes to teaching yoga, as there is not much space. Mosquitos are a problem with outdoor space.

Sandra asked what our purpose as a committee is.

Mariamanda responded that the Wellness Council traces back to the Healthy, Hunger-Free Act and is designed to address all aspects of student wellness. Social emotional learning and mental health emerged as a major concern of the committee in the last year or two. The Wellness Council develops goals for initiatives and works to provide resources for teachers, administrators, students, families, and the community.

Adela shared that the San Gabriel Education Foundation (SEF) is working toward social emotional learning goals. SEF provides resources for Gabrielino's mental health wellness days, among other things. The SEF Board this year has decided to provide parent education workshops. The subject for the first workshop on January 31, 2020 is Mindful Movement. It will be conducted by physical therapists and will focus on posture, balance, and injury prevention and how it relates to learning, physical activity, and performance. They are looking for input into their spring parent workshop.

SEF is also rolling out a pilot program for SDC classes in virtual reality. It is an experience (not a game) to promote positive feelings and wellbeing, and to reduce anxiety and negative feelings. Each student will have a personalized guided plan. Teachers will also have access to virtual reality headset units. The program was developed by Harvard, and tested by USC and Stanford. The high school will also have two headset units for bullying, isolation, and social connectedness for all students to use.

The Wellness Council split up into groups to discuss strategies for district vision and plan, parent education and outreach, and teacher support and professional development.

The group discussing district vision mentioned it might be best to come up with resources that schools could pick and choose a la carte as best fits their needs. They planned to meet with Denise (District Social Worker), Lon (Director of Student Support Services), and Joan (Director of Assessment and Professional Development).

The next group discussed how to get parents involved, particularly how to have family night with good attendance. Different cultures may or may not want to get involved in mental health. Parents are concerned about emergency drills and lockdowns, so a district-wide event could be created with a mental health tie-in. It could include information such as what should parents do when they get the robocall saying there was a lockdown. Parents want to hear from the police department, school sites, and the school district. Start with police department School Community Engagement Team offering a presentation like the one at Jefferson a few weeks ago, then blend in mental health and social emotional learning component. After the event, offer support at site level for parents on an ongoing basis. Note that this requires a lot of planning to be done well. Another option would be to have site-level parent education events, as Gabrielino had a vaping information family education night for parents from all schools, but only four parents showed up. School site level events might be more effective for parent education. Steven Feng (Principal at Coolidge) would love to provide his social emotional PowerPoint.

The final group discussed teacher resources and training. They said it might be a good fit with the LCAP (Local Control Accountability Plan) through the EAC (Education Advisory Committee). Kristin and Mariamanda are members of the EAC and can help include it through that process. There is a long list of items already on the docket for teacher professional development, however perhaps social emotional learning can be included at some point in the long-term plan. In the meantime, the Wellness Council would like to provide resources to teachers who particularly would like immediate help in the area of social emotional learning and mental health of students. [Casel.org](https://casel.org) and smhp.psych.ucla.edu/ have such resources, but we can narrow down the resources to the most immediately actionable (i.e. ideas for welcoming new students, classroom seating organization for disruptive students, etc.).

The next meeting will be held January 13, 2020.

Meeting Adjourned at 4:45 PM