

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

Minutes

5/2/17

3:15-4:30 PM

District Education Center

In Attendance:

Sheri Rueter (Lead Nurse), **Mariamanda Sarabia** (Food Services Operations Manager), **Hillary Tran** (Nurse), **Shannon Cloe** (Coolidge Teacher), **Nancy Johannsen** (Coolidge Teacher), **Florence Lin** (Asian Youth Center), **Shirley Gudal** (San Gabriel Library and grandparent), **Alina Villa** (Dreamweaver Medical Associates and parent), **Angela Salazar** (LACDPH), **Marcella Raney** (Occidental College Professor), **Sandra Zepeda** (Gabrielino School Site Council), **John Herren** (Director of Student Support Services), **Kristin Fyfe** (Food Services Consultant), **Socorro Martinez** (Roosevelt Teacher), **Isabel Millan** (Food Services Director), **Cheryl Wilson** (Roosevelt Principal)

The meeting was convened at 3:15 PM.

This is the last council meeting of this school year, and the last meeting before Sheri's retirement. Hopefully next year we will have a school nurse who will maintain participation in the Wellness Council. Sheri expressed her happiness with the Wellness Council and all that we have achieved.

Review and adoption of last meeting's minutes

- Minutes were shared with Deputy Superintendent of Education Services the day before, to keep her apprised of the Wellness Council's work

Discussion of progress on items from the last meeting

- The School Board recently signed joint use agreements with the city for Coolidge Elementary, Washington Elementary, Wilson Elementary, and Gabrielino High School. The city program focuses on Coolidge and Washington starting in May, in response to parent requests. The city and school district already had joint use agreements for McKinley Elementary, Roosevelt Elementary, and Jefferson Middle School.
- Coolidge tried to apply for the Game On grant but ran out of time.
- SEF has done a great job pursuing grants when the schools are too busy. SEF's "Energize" event is June 10 – please sign up to attend
- SEF's Future Doctors of American at Jefferson is very inspiring. AVID students get hands-on experience. They got to see an ambulance, try out stethoscopes, etc. ACE (Architecture, Construction, and Engineering) at Gabrielino was also started by SEF.

Cheryl asked for a reminder about Alliance for a Healthier Generation surveys to help the other principals, as the emails sent from Alliance and the Rockview Institute were unclear.

Kristin shared slide show of other indicators of assessment of school wellness, in compliance with the wellness policy's assessment requirements.

- Many teachers do not know the district's health or nutrition curriculum. This is in part due to the long delay in the CDE's update to the Health Education Content Standards. Lower elementary teachers do know of a district PE curriculum.
- According to the 2016-17 school calendar, students in grades 1-6 should have an average of at least 94 minutes per week to be compliant with the 200 minutes every 10 days required by California Ed Code. Forty-six percent of teachers responding to the survey said students get fewer than 94 minutes per week, however, teachers that responded to the survey may not be a representative subset of all teachers.
- We don't currently have cumulative data on the number and type of physical education exemptions granted, but Health Services will add that to their reporting system for next year.
- Reviewed Fitnessgram data – SGUSD students perform better than LA County and California state averages in all areas except for abdominal strength in 5th grade, and abdominal strength, trunk extension strength, and upper body strength in 9th grade. Six areas of fitness are tested in 5th, 7th, and 9th grade.
- Analysis of the nutritional content of school meals is available on school meals menus online and in schools
- In a comparison of student participation rates in school meal programs with percentage of students eligible for free and reduced-price meals, we found that the more students were eligible for free and reduced meals, the greater the participation in school meals program. The trend was particularly strong for school breakfast.
- As for sales of non-compliant foods and beverages at school, the elementary schools are set, but the schools with older students may need a little more support
- Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons was covered in the fall Wellness Assessment
- No other indicators have been recommended by the Superintendent or approved by the School Board at this point.

The council discussed food trucks and other sales on unhealthy foods right outside of the school campuses, such as the food truck that parks in front of Gabrielino when school gets out. The City might be able to help the district with zoning restrictions, or perhaps indicating that the curb where the food truck parks is for passenger loading and unloading only during the hours when parents pick up and drop off students.

The group reviewed and approved the draft report on the wellness assessment intended to be made available to the public. It will likely go to Cabinet and the School Board next. We will continue to work on school site wellness councils, educating staff, increasing physical activity opportunities, and expanding community partnerships.

Sandra reported on progress at Gabrielino – they working on identifying a lead person for the wellness council and also to support the student wellness council. After that they will set their school wellness goals.

Cheryl reported on progress at Roosevelt:

- Their wellness council had their most recent meeting to discuss what has been accomplished this year and plans for next year.
- They have enhanced their garden to classroom experience, gotten an Eagle Scout committed to work on the garden, sent home wellness nutrition letter, added wellness and garden to Roosevelt newsletter, enforced healthy foods for school parties, and added a salad bar.
- Teachers are using yoga and mindfulness as well as brain breaks. They have received \$800 so far from the Rockview Institute for their participation in the Alliance for a Healthier Generation study.
- Next year Roosevelt will continue efforts and figure out a budget for using the Rockview/Alliance funds.
- Ms. Gordon has started a walking club at lunch, and they are looking to reestablish walk-a-thon/jog-a-thon and other physical activity events.
- Beti (Socorro) procured gardening materials and funds through Donor's Choice, Lowe's, LA County Department of Public Works. They found that the seeds take a little longer to germinate than expected, but students are regularly going out to the garden and weeding, and Juanita the Master Gardener is helping out and bringing in sunflowers as well as a donated grape plant. Cheryl brought in pomegranate, blackberry and blueberry bushes, and dwarf fruit trees.
- The kids are taste testing the vegetable in the classroom – broccoli, lettuce, etc. Alina shared a tip for cutting off base of lettuce and planting base to regrow it. A slice of tomato will grow if planted into the ground, as well. Cheryl said they've addressed STEM science through growing plants from kitchen scraps. Next year they will ask parents to bring in kitchen scraps such as coffee grounds and eggshells for compost bins.
- Roosevelt is thinking about selling water bottles that kids could refill as a fundraiser for the garden. Families have received flyers about soda and energy drinks and tips for healthier choices, and the school has student-friendly posters that they purchased from Journeyworks. They'd like to implement some of the ideas from the Oxy presentation on physical activity, and perhaps invite parents to come in with cultural foods that they make out of foods in the garden.

The council celebrated Sheri's career at SGUSD and her crucial contributions to student wellness in the district.

The next meeting will be held in Fall 2017.

Meeting adjourned at 4:30 PM.