

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

## Minutes

3/5/19

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), **Estella Villena** (Teacher, Roosevelt), **Lorena Gutierrez** (Teacher, Roosevelt), **James Lara** (Supervisor - Youth & Senior Programs, City of San Gabriel Community Services), **Lon Sellers** (Student Support Services), **Nichollette Espinoza** (Director of Educational Enrichment Services, AYC), **Rena Wang** (Program Coordinator, AYC), **Mary Edkins** (Teacher, Washington), **Kent Monteleone** (Teacher, Gabrielino), **Ann Anderson** (Teacher, Roosevelt), **Vimala Bagri** (Teacher, Coolidge)

### Dental Screening of SGUSD Students – Kathy Leon

	GRADE K		GRADE 1		GRADE 5	Totals
No. of students screened by San Gabriel Dental Society	211		80		376	667
No. of students who have no dental problem	123 (58%)		33 (41%)		265 (70%)	421 (63%)
No. of students who need early dental care	No decay 38 (18%)	w/decay 45 (21%)	No decay 16 (20%)	w/decay 18 (23%)	69 (18%)	186 (28%)
No. of students who need urgent care	5 (2%)		13 (16%)		42 (11%)	60 (9%)

Enrollment: Transitional Kindergarten – 68, Kindergarten – 346, First Grade – 342 (only new students required dental screening), Fifth Grade – 393

Students needing urgent dental care were often the students with special needs who need specialized dentists. It's hard to find dentists equipped to work with special needs patients.

They rechecked first grade students who had their initial screening in kindergarten and need follow-up care, but many do not get it. The students either don't have access to care, or there is a belief that you don't need to worry about baby teeth. A greater proportion of students were referred from first grade than from kindergarten. Dental caries is the number one health problem for kids in school.

## **Support Programs for Mental and Physical Health** – Lon Sellers

-Presentation was given to the school board a month ago

If a student is identified as needing help, they are categorized as low risk, medium risk, or high risk after immediate assessment.

Low risk students are having trouble, but not talking about hurting themselves.

Moderate risk students are thinking about hurting themselves, but don't have a plan or the means.

High risk students are those who are identified as in real crisis. They have a plan and a desire to hurt themselves. The district procedure is to call in a MET (Mental Health Evaluation Team) or a PET (Psychiatric Emergency Team), who decide whether to transport the student to a hospital or not. There is a re-entry plan if they are transported. If they are not transported, the district team comes up with specific plan for the student to work through what they are going through with support from school, parents, etc.

The [Community Resource Guide](#) includes information on where to get food, clothing, medical services, mental health services, etc. 211 also guides people and families toward resources – dial 211 or go to website [211la.org](http://211la.org)

Lon and Denise have conducted district-wide trainings at school sites and for district administrators on the community resource guide and district protocol for students in need.

There is a protocol when a student or parent comes forward for assistance. School personnel make an informal referral based on conversation with the student or parent.

The student's status is identified in the Aeries Student Information System program. Referrals are part of Student Support Services. Services are provided to the student and/or family based upon the individual case.

Trauma-informed care steps taken to let teachers know that behavioral and attendance issues tend to have underlying causes and to handle them with sensitivity.

Jefferson and Gabrielino have mental health days, and Del Mar regularly has time set aside for focusing on mental health.

Services handled and provided by the Department of Student Services:

- Discipline
- Homeless
- Foster-youth
- Risk Assessment Referral Data (RARD)
- Home-Hospital
- Crisis situations
- Referrals for individual or family counseling

Department of Student Services consists of a district social worker, Marriage and Family Therapy Counseling Coordinator, district lead nurse, school nurse and referral services to outside agencies

Dori Rosental is Marriage and Family Therapy Counseling Coordinator

Main Duties:

- Process incoming referrals for counseling and case management
- Assign students and families recommended for counseling to MFT Interns
- Coordinate ongoing case management and service meetings
- Collaborate with onsite staff for service integration and maximum effectiveness
- Refer eligible students and families to outside agencies

Referrals processed: 365

MFT trainee case management meetings: 208

Referrals to outside agencies: 172

About 1/3 go to outside referrals, the other 2/3 handled in-house

Marriage and Family Therapy Intern Program

MFT Supervisors from Cal State LA

Tsega Worku and Colleen O'Hara

Under Supervision of Dori Rosental

- Each MFT trainees/associates has an average of 12 clients (students/families) case load
- Each client is seen for 10 sessions (more if needed)
- When case is closed, a new student or family is referred
- MFT Interns serviced 208 students for individual, group and family therapy
- The basic hourly commitment is 2 ½ full days of therapy and 3 hours of supervision each week. Additional time is given for consulting and taking notes as well.
- 8 Trainees are assigned for the school sites
- At least one trainee is available on the every school day and each trainee is assigned a school site

Waitlists are long because need is high, but not enough trainees are available

Denise Faigao is the District Social Worker

Main Duties:

- Educationally Related Intensive Counseling Services (ERIC) provides individual, group and family treatment targeting at risk students
- Provide student and parent education on topics related to mental health
- Consult with parents and others in crisis situations
- Provide Advocacy, child welfare and counseling to underrepresented students
- Provide school based counseling services and ongoing case management to targeted families

Kathy Leon is Lead District Nurse

School health, abuse screenings, etc.

#### Main Duties:

- Conduct mandated school health screenings
- Assumes active role in substance abuse
- Communicates with stakeholders on school related health issues
- Maintains up to date health records
- Works closely with school health aides/LVNs
- Participates in IEPs

19,215 student visits to health office in 2017-18

Nurses also do special education assessments, IEP meetings, staff trainings, emergency care plan (e.g. what to do if an allergic student is stung by bee, exposed to peanuts, etc.)

#### Health Services Screenings

- 1,878 Students screened for vision
- 149 First grade boys color vision
- 2,546 Students screened for hearing
- 402 Students screened for scoliosis
- 1,100 Students height to weight ratios
- 356 Kindergarten and First grade dental screening
- 360 Fifth grade dental screening
- As a result of these screenings, 554 families were referred for services.

#### **Wellness Assessment Results** – Kristin Fyfe

This year's questions were updated with Input from Dr. Raney and included more mental health topics. There was double the response from teachers compared with last year, and 10 parents filled it out. Most staff chose the staff wellness section.

#### **Elementary Nutrition Education**

-Demonstrated the need for curriculum at the elementary level.

Kristin will share free nutrition education resources linked to the common core curriculum. Montebello teachers love it. The "Serving Up MyPlate" resource set comes with a CD and parent handouts.

- The Two-Bite Club (English and Spanish) – Storybook about MyPlate for Young Children  
<https://www.fns.usda.gov/tn/two-bite-club-english-and-spanish>
- Grow It, Try It, Like It! Gardening for Childcare/Preschool  
<https://www.fns.usda.gov/tn/grow-it-homes>
- Discover MyPlate: Nutrition Education for Kindergarten  
<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>
- Serving Up MyPlate – A Yummy Curriculum  
Level 1 (Grades 1&2), Level 2 (Grades 3&4), Level 3 (Grades 5&6)  
<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

- The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4  
<https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>
- Dig In! Gardening Nutrition Education for Grades 5&6  
<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>
- Online Resource Order Form (also check here for parent handouts in multiple languages)  
<https://pueblo.gpo.gov/TN/TNPubs.php>

Look for more ways for teachers and classrooms to engage with the cafeteria.

#### Physical Education and Physical Activity

The main thing teachers want is a dedicated PE teacher for lower grades. They also would like more equipment and more curriculum. There was a big improvement on PE minutes per week from last year.

#### Middle and High School Health Education

The lowest scores were about inclusion of asthma, STD and pregnancy prevention in curriculum.

#### Middle and High School Physical Education

The biggest concern was the student to teacher ratio.

#### School & Community Environment

Staff forget they got notices about discounted YMCA membership or health screenings. We need to send multiple notices through multiple channels. The lowest rating was on whether the school community is informed about wellness.

#### Student Wellness

The questions in this section changed the most. Farm to table was the lowest score. There were a few comments on drug use and bullying.

#### Staff Wellness

The lowest response was for the question about whether the district offers a healthy eating program.

The district does offer a low cost fitness program, but many staff are unaware of it.

One wellness council member asked if BMI is taken as part of the assessment.

Kathy says it's done in 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> grade as part of the Fitnessgram, but she's not sure what is done with the data.

Kristin showed where you can access fitness info (including body composition, the Fitnessgram's approximation of BMI) for districts – CDE's Dataquest. <https://dq.cde.ca.gov/dataquest/> Select Physical Fitness Test under "Subject." For more on reading and interpreting the FitnessGram's data, see <https://pftdata.org/files/hfz-standards.pdf>.

### **Feedback on SISC III Employee Health Screening**

Some staff did not know about the screening, some had recently had these tests done at their doctor's office, and some were concerned about confidentiality of health screening. It would have been nice if screening results came with information about lifestyle changes to make to improve waist circumference, cholesterol, etc.

### **Updates from Gabrielino**

- HOSA (Future Health Professionals, formerly known as Health Occupations Students of America) group put together public service announcement on depression
- Department of mental health representative put together presentation for assemblies on depression
- Both assemblies well attended
- Signs and symptoms of depression, where to go to address those needs
- Lunchtime donuts and hot chocolate and coloring of positive quotes
- Announcement went out when there were a lot of subs, so some students may have missed the announcement, but it was also posted to the website
- Looking to get feedback from students on the usefulness of these mental health days
- April mental health day will focus on body image
- Next year will be more in general on wellness, because exercise and diet etc. affect mental health

### **Updates from City of San Gabriel Parks & Facilities**

- City of San Gabriel is building a new playground at Smith Park in partnership with KaBOOM!, the CarMax Foundation, Asian Youth Center. KaBOOM! is dedicated to making sure kids get 60 minutes of active play a day.
- An eight-week program is starting next week at Coolidge, Washington, Wilson, and McKinley. Children do an activity and reflect on their favorite part.
- Vincent Lugo Park will also have a new playground.
- Opening day of Smith Park will be combined with rubber ducky fundraising carnival April 6. Flyers went out to schools. Build day is April 14<sup>th</sup>.
- There will be duck races, booths, events. City of San Gabriel is looking for volunteers (particularly high school and college)
- Volunteers qualify for AYC scholarship

**The next meeting will be held May 14, 2019.**

**Meeting Adjourned at 4:15 PM**