

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

## Minutes

10/24/17

3:15-4:30 PM

District Education Center

In Attendance:

**Kathy Leon** (Lead Nurse), **Hillary Tran** (Nurse), **Isabel Millan** (Food Services Director), **Beti Martinez** (Roosevelt Teacher), **Emmett Suess** (Gabrielino Teacher), Marci Raney (Occidental Professor), **Juli Costanzo** (City of San Gabriel Mayor), **Ruo Qiu** (Occidental Masters Student), **Stacy Gutierrez** (San Gabriel Police Department), **Martin Garcia** (San Gabriel Police Department), **Kristin Fyfe** (Food Services Consultant), **Mariamanda Sarabia** (Food Services Operations Manager), **Estella Villena** (Roosevelt Teacher), **Florence Lin** (Asian Youth Center), **Nancy Johannsen** (Coolidge Teacher), **Sandra Zepeda** (Gabrielino School Site Council), **Cheryl Wilson** (Roosevelt Principal), **Jeannine McGuigan** (Wilson Principal), **Adela Anguili** (SEF), and **John Herren** (Director of Student Support Services).

### History of SGUSD Wellness Council

The Healthy Hunger-Free Kids Act of 2010 reinforced and expanded requirements for school districts participating in the National School Lunch Program to convene a wellness council to periodically update the wellness policy, evaluate its implementation, and engage the school community.

In the 2013-14 school year, Lead School Nurse Sheri Rueter worked with LACOE (Los Angeles County Office of Education) to obtain a Johnson & Johnson Mini Grant for Building an Infrastructure for School Wellness Committees in Los Angeles County. This helped fund staff found the SGUSD Wellness Council in October 2013 and schedule regular meetings throughout the year.

A few elementary schools signed up for the Rockville Institute's evaluation of the Alliance for a Healthier Generation program. While the Alliance for a Healthier Generation itself didn't prove to be as helpful as hoped, the financial incentive for study participation from the Rockville Institute was used for school wellness strategies such as school gardens.

Through the Nutrition Education Obesity Prevention grant from LACOE, a Nutrition Specialist (Kristin Fyfe) was made available to help with wellness policy updates and evaluation. Students from Occidental College contributed an in depth review of the current policy along with comparisons to model wellness policies. The Dairy Council contributed a WellSAT evaluation of the policy, and the Wellness Council reviewed draft wellness policy updates, suggested changes, and finally signed off on a new wellness policy to submit to the SGUSD Board of Education. The new wellness policy was Board-approved March 22, 2016, and is comprised of BP 5030, AR 5030, E 5030, BP 3554, and AR 3554.

SGUSD Wellness Council conducted its first annual wellness assessment in the fall of 2016, and the second was just conducted in October 2017. Schools have made great strides in developing school site wellness councils, including wellness into their site plan, enhancing school gardens, switching to healthy fundraisers, taste testing school menu items, and more. San Gabriel Education Foundation (SEF) has garnered funding to create popular wellness programs, such as the after school cooking club and the Energize! health event.

### **Review minutes from last meeting**

The minutes were adopted.

### **Presentation on wellness assessment results** (see attached report)

Wellness Council would like physical activity data by gender.

Pressure and lack of sleep, anxiety to do well at the high school is causing students to drop out and /or transfer to Options for Youth.

### **Goals**

The Wellness Council agreed that the goals from last year are still relevant this year. The goals are:

#1 Establish a site wellness council at each school site.

#2 Encourage and expand opportunities for student input in the areas of health, wellness, and food services.

#3 Educate students, families, and staff regarding federal, state, local and district health and wellness regulations, vision, and initiatives.

#4 Expand community partnerships and collaboration in wellness initiatives.

#5 Increase physical activity opportunities at all school sites.

Emmett Sues from Gabrielino High School suggested adding a goal for psychological health (Kent Monteleone, the SGUSD health teacher, will be attending future meetings.)

### **Flipped Lunch**

Jeannine McGuigan reported on flipped lunch at Wilson. She said it was a pretty easy change to implement – all grades but the Kindergarten now play before eating at lunchtime. There is a special bell chime that sounds like Big Ben to let the students know it's time to stop playing and line up to eat. There is less food thrown out because students are not in a rush to get out to the playground, and teachers have reported improvements in classroom behavior after lunch.

### **SEF Report**

Future Doctors of America program taking place fall and spring 17-18, but in need of future funding.

Adela is always looking for new grant resources; please send any that you come across.

Kaiser Health Eating Active Living program is a great opportunity. Roosevelt and McKinley have had it before, but you have to wait a few years before reapplying.

For parent nutrition education, SEF has coordinated a presentation with a bilingual (English/Spanish) telenovela-style performance. Daycare is provided during the presentation in the form of a soccer academy.

SEF and Occidental College are partnering on free fitness days at Jefferson on minimum days.

There is a hydroponics garden pilot at Jefferson to integrate with science program. Gardens can be small scale in the classroom. SEF is also looking for grants to support that.

SEF is also looking for funds to restart Jefferson cooking club. The club is very popular, but enrollment declined as it became fee-based to attend.

Jefferson is piloting a teen sensory space (see: [http://www.ateachabout.com/pdf/OTP\\_Nov09\\_UsingSensoryTools\\_Teens.pdf](http://www.ateachabout.com/pdf/OTP_Nov09_UsingSensoryTools_Teens.pdf) or <https://www.autismparentingmagazine.com/creating-sensory-space-for-asd-kids/>) for mental health/wellness and for IEP students. It could be especially helpful for those who don't have anywhere to go after school Fridays or minimum days.

**The next meeting will be held December 5, 2017.**

**Meeting Adjourned at 4:30 PM**