

# Superintendent's Wellness Committee Meeting

Tuesday, April 12, 2016

The Superintendent's Wellness Committee meeting commenced at 3:32 p.m. The members in attendance were Julie Calderon, Charlene Dean, Beth Freer, Joanne Gifford, Maggie Gooch, Shawn Judson, Cindy Kirmsse, Alicia Lyon, Ami Shaw, Joseph Shaw, Charlayne Sprague, Tanisha Styles and special guest Michele Jacks.

## I. Welcome

Dr. Judson thanked everyone for coming today in light of everyone's busy schedules. Round table introductions were made by everyone present.

## II. Public Comment

In compliance with the Brown Act, the meeting was open to public comment. There were no public comments presented at this meeting. Public comment was closed.

## III. Review of Wellness Goals for 2015/2016

Goal 1 – By October 2015, the Etiwanda School District will advertise participation in the E3 Foundation-sponsored 'Family Fun Run' through flyers, banners and the district website. (Superintendent)

**Progress** – This goal has been met! The flyers were sent out to families and banners were hung on school campuses. The event was a big success; the most runners in 5 years!

Goal 2 – By May 1, 2016, three additional healthy, freshly prepared entrees that meet USDA School lunch guidelines will be added to the elementary and middle school menus. (Child Nutrition Manager)

**Progress** – This goal was met! Beef teriyaki dunkers over rice pilaf, homemade burritos, taco salad, several breakfast items (despite the egg shortage), and a list of new things to try next year!

Goal 3 – By May 1, 2016, each school in the district will verify that they have completed two of the following activities: (Principals)

- a. Held a family program related to physical fitness, nutrition or wellness.
- b. Held a fitness program at the school for at least a six week duration in which students have the option of participating before school, during recess breaks or after school (for example, walking clubs, jump rope clubs, etc.)
- c. Held a program designed to promote awareness for a health issue (fundraiser for a hospital or other health organization).
- d. Held a physical fitness/weight loss/health awareness activity for staff.
- e. Participate in "screen-free" week (no TV, video games, computer games, computer, cell phone games, etc.).
- f. Implement a school site no treat birthday celebration policy.
- g. Incorporate 'class movement' activities during instructional time.

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During the school year, if a school site participates in 3 of the above activities, they will receive \$500. If a school participates in 4 or more of the above activities during the school year, they will receive an additional \$500 for a total of \$1,000.

**Progress** – This goal has been met! A compilation of what each school has participated in was included in today's packet; our schools are finding creative ways to meet this goal!

Goal 4 – By May 1, 2016, each school in the district will conduct one program or activity related to awareness and prevention of bullying. (Principals)

**Progress** – This goal has been met! A compilation of each school's anti-bullying activity was included in today's packet. participated

Goal 5 – By May 1, 2016, the district will provide teachers with strategies to support student mental health. (Director of Special Education)

**Progress** – This goal was not met. It was our goal was to provide our elementary SDC Teachers with mental health strategies that they can implement on a daily basis for the Fall. Additional mindfulness books have been purchased as a resource for teachers although a program has not been determined to date. Friday e-mails are sent to teachers for inspirational purposes since special education is such a stressful area – happy teachers yield happy students. Our mental health counselors are readily available to assist in critical/sensitive situations. Dr. Judson suggested that perhaps next year, a mental health counselor can attend the Principals meeting to discuss their availability and the services they can provide to teachers.

Goal 6 – At least 75% of students in grade 5 and 80% of students in grade 7 will score in the healthy fitness zone in 5 or more of the physical fitness tests as measured by the Spring 2014 California Physical Fitness Test. (Principals, P.E. teachers, teachers)

**Progress** – This goal was not met. Based on the 14/15 testing results, we are not quite in the healthy fitness zone. The 5<sup>th</sup> grade students were at 62% and the 7<sup>th</sup> grade students were at 72.8%.

The fitness gram is a test that's used for 5<sup>th</sup> & 7<sup>th</sup> grades and simply put is an assessment that's used all over the world and includes aerobic capacity, muscular strength, body composition. A report of the results are also sent to parents regarding their students abilities. The middle schools use a couple of different types of tests for each category. In years past, the students that could run a terrific mile their scores would be reported. Other students did sprints and their scores were reported. It may be that these students were not recorded in the healthy fitness zone. It's possible that some kicked out as a non-score! Last year at SIS, all students completed one type of test (i.e. pacers). The students h & w are also recorded for all 12 olds. It's quite possible that each site or each teacher administers tests to students differently. Consistency in testing is paramount! Cindy suggested additional streamlined training be provided to the intermediate PE teachers.

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Goal 7 – By May 1, 2016, the district will have published 3 issues of a Family Wellness newsletter. (Superintendent)

**Progress** – This goal is currently in progress. Two newsletters have been mailed and a third is in progress. The newsletters include current topics such as peanut allergies, and immunizations.

Goal 8 – By May 1, 2016, the district will support a campaign encouraging hand washing and appropriate cough and sneeze hygiene by providing information and educational the materials throughout the district. (Health Services Coordinator)

**Progress** – This goal was met! Charlene thanked all the teachers and staff that encouraged students to cough & sneeze appropriately. Handwashing goes hand in hand with covering coughs and sneezes appropriately. If one is not able to wash their hands, HandClens hand sanitizer is available for use. The winning 3<sup>rd</sup> and 7<sup>th</sup> grade handwashing posters were passed around the table for everyone to see.

## IV. Review of Wellness Goals for 2016/2017

A table showing the progression of the Wellness Goals from inception was included in today's packets. Goals have come and gone based on the needs of our district. At this time, there were no changes recommended for the 2016/2017 Wellness Goals. Dr. Judson asked if the committee had any comments or changes to the 2016/2017 Wellness Goals. None were noted.

## V. Wellness Update and Activities

### *Elementary PE Program*

Michele Jacks was present to discuss the elementary school physical education (PE) program. There are 5.5 full-time teachers for the current year. They help with all RSP, SDC, mild/moderate, moderate/severe students (with APE) being that our PE program is an all-inclusive program. Last year, our PE teachers provided one 50 minute session per week. This year, there are 65, 50 minutes sessions per school per year. PE days are never cancelled; rather they are modified for that day depending on the elements. Instructional aides, also known as 'assistant coaches', are trained monthly on best PE practices for the best PE instruction possible.

At a large school (over 600 + students), there are 4 stations during PE whereas at a smaller school there are 3 stations. Each session commences with expectations for the day and is comprised of 30 – 45 students,. Once the students get to the warm up cones, the kids bop music starts blasting, they start hops, lunging, etc using a dynamic warm-up. The students then go through each and every PE station with the IA's and PE teachers. The stations are comprised of state anchor standards using alternative activities that mimic that particular standard. All PE teachers document 4<sup>th</sup> & 5<sup>th</sup> grade student physical fitness testing results for tracking purposes and to see which grade levels need additional assistance in a particular area. Each student is graded by the PE teachers for sportsmanship and participation.

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The PE program provides a family fitness night at each site so parents can participate in their students' PE program and understand the standards and goals of PE.

There are a total of 26 IA's (3 hour employees) that work closely with our PE teachers. Training for IA's takes place at least once a month and includes such things as how to speak with a student to get reach the desired goal of having the student move from cone to cone quickly and to understand the activities at hand. The main goal is to help each student feel successful. Everything is done so that PE is fun, upbeat and positive! The motto of the PE program is: we're not looking for the most athletic or strongest student, but the one that will try their best and is willing to come to PE with a good attitude.

## *90 Day Step Challenge*

The 90 + 1 Day Step Challenge has had a wonderful start with a total of 40 teams participating in the challenge. The goal is to have each team member walk 10,000 steps per day. The last day of the 90 + 1 day Step challenge is Saturday, May 21<sup>st</sup> and the finale will be held on Monday, May 23<sup>rd</sup> with a gift card drawing for each team member that earned a ticket for meeting their goal each week. There are people who are walking diligently; there was a suggestion to have tip-line for any potential cheating. ☺

## *District Office American Heart Association Fit-Friendly Worksite Gold Achievement Award 2015*

This was our second year in achieving the American Heart Association Fit-Friendly Worksite Gold Achievement Award at the district office. The committee is comprised of several district office staff that help with organizing healthy activities for employees.

## *School Site Breakfast Programs*

The breakfast menu consists of a six week cycle for breakfast. Parents are concerned that we are serving powdered sugar to their children. The USDA guidelines have to be adhered on a daily basis for each meal. All of our bread items are at least 50% whole grain. Grains are a mandatory item to be offered to our students. At least a cup of fresh fruit has to be offered every day to students (juice is considered a fruit). Julie also included spec sheets for preparing one entrée to see if they meet the sodium guidelines, carb guidelines, etc. The students are able to choose what they would like to eat for breakfast and lunch.

Students must be offered 4 items daily – they must take 3. EIS started breakfast this year (187 breakfast), now at 572. The elementary school students are excited about breakfast and like being able to choose their own food.

## VI. Potential Meeting Date for 2016/2017

*Tuesday, October 18, 2016, 3:30 p.m., Board Room*

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The meeting ended at approximately 4:40 p.m.

*Prepared By Ami Khachoyan-Shaw, Health Services Department*