



Madera Unified School District
Wellness Committee Meeting Agenda
November 4, 2020 | 4:30pm – 6:00pm

Join Zoom Meeting

Those in attendance: Jaime Brown, Andrea Fillebrown, Cristina Khan, Karen DeOrian, Kim Johnson, Jordan Murphy, Mark Lohuis, Sean Carlson, Elia Medina, Hannah Lee, Thomas Chagoya, Renee Farias, Christine Doss, Brian Chiarito, Erika Agredano, Karina Macias, Jacob Mortier, Marty Bitter, John Fernandez, Alan Gilmore, Caitlin Pendley, Dana Gutierrez, Adalberto Hernandez, Mercedes Ochoa, Gordan Kennedy, Jaime Huerta, Marco Gomez, Ruth Salazar

1. Call Meeting to Order

- a. Meeting was called to order by Jaime Brown

2. Welcome

3. Review of Minutes – September, 23, 2020 LINK

4. MUSD Child Nutrition Update

- a. No changes have been made. Sustaining all methods of food distribution that we use. Planning for hybrid model researching what is and is not working at other districts.

5. MUSD Health Services Update

- a. Creating a plan to implement speech assessments.
b. Creating cohorts to support the hybrid model .

6. MUSD School Culture and Climate: Karen DeOrian

- a. Worked on refining and adapting strategies already implemented at MUSD to accommodate the virtual learning environment.
b. Restorative Practice
i. Had over 100 teachers, staff counselors, student advocates trained through the Restorative Justice Group out of Oakland who conduct community-building circles or tiered to harm repair circles.
• Teachers have been conducting community building circles.
• Coaches have been conducting grief circles to process feeling of loss due to not being able to be engaged in sports.
• Site leaders, principals, student advocates, counselors have been conducting circles with adults; teachers, support staff members to help cope with returning from sheltering in place.

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- New group with the virtual circles 6 - 12 grade students who are discussing topics about rights that they think they have. At the end of this, we hope to be able to build a bill of rights to take to leadership.
- c. PBIS (Positive Behaviors Interventions & Supports)
 - i. Every school site has been working on taking their behavior matrix / expectation and adapting them to the virtual environment.
- d. Adult Wellness / Self Care (New Initiative)
 - i. Shared with site leaders that an Adult Resiliency Program was going to be pushed out by Second Step.
 - Minnie lessons that help process their own resiliency and how they manage their stress and coping during crisis and steps that set goals to help improve their own wellness.
- e. Wellness Survey
 - i. Plan on doing an adult and student wellness survey this month to see how they are doing with their own well-being, which will help decide where our next step.
 - ii. Jaime will put the presentation on the website.

7. Health & Wellness: Christine Doss

- a. Training for mental health conditions and suicide prevention
 - i. 3 Nami Trainings, "Ending the Silence"
 - Targeted elementary school sites because of the new regulations.
 - Provided and offered training to teachers of younger children on the signs and symptoms of mental health conditions in younger children and how to respond.
 - ii. More targeted trainings and events.
 - Trainings for foster youth.
 - Some of the high schools have done virtual resources fairs with partners; Camarena, Madera County Behavior Health, Nami and Kings View
 - Going to push Drive through events all year; partners go out to the sites and distribute goody bags that are full of self-care items.
 - Plan on working with Isaac from Madera High to launch a youth summit and do a youth conference for the district's 7 - 12 graders.
 - Offering case management to the sites, which has been very helpful especially for our high-risk youth.
 - Have a free virtual 4-hour long and 2 hours of self-study youth mental health first aid training on December 9 (already full) for 20 district staff. Good for staff members who tend to have more interactions with students.

8. MUSD Physical Education Update: Jaime Brown

- i. Focusing on these 4 areas
 - Physical Education/Activity
 - Health Education
 - Community Involvement
 - Family Engagement
- ii. We are still in the synchronous - asynchronous distance-learning model.

- Kids are receiving 30 minutes of physical education at the elementary level and 90 minutes 2 times per week at the secondary level.
- iii. We were able to purchase physical education equipment for our elementary students.
 - PE teachers and sites have a choice on how to utilize the equipment.
 - Balls, juggling scarves, jump rope, speed stack cups, bean bag
- iv. Big shout out to everyone who helped with Safe Routes to School month.
 - Pedestrian safety is always focused on in the month of October.
 - Due to the current pandemic status, we were not able to physically conduct the traditional walk to school events.
 - Videos were created and shared in order to highlight pedestrian safety for kids in regards to walking and riding their bikes. (all archived and available on our physical education website.
 - We had our 18 elementary schools participate.
 - Two out of three middle schools.
 - Had over 9000 student participants.
- v. Tri-Annual Assessments
 - Due at the end of the school year.
 - See tentative data reporting template [link](#).
 - Will be working with Health & Wellness, Culture & Climate and Student Services and Community Services and Parent Recourse Centers to include what is already being done by these departments.
 - Will be creating and meeting as a sub-committee.

9. **Community Service and Parent Resource Centers: Jaime Brown in lieu of David Hernandez**
- a. Director David Hernandez asked for information to be shared regarding the Parent and Community Engagement Virtual Conference. The conference will take place on Tuesday, November 17, 2020 @ 5:30 pm with the intention to build parent school partnerships to ensure student access.

10. **Community Partners and Supporting Organizations Update**
CalFresh Healthy Living UCCE Program: Karina Macias, Program Manager
- a. Program is serving the school sites with resources.
 - b. Youth Program this year is continuing to support PE teachers and the school site Wellness Councils.
 - c. Offering live nutrition lessons to students through the teachers.
 - Madison School has reached out for some additional lessons
 - d. The Eat Fresh.org mini course was offered to high school students and 676 students actually completed a lesson or more as of the end of September.
 - Madera High
 - Mt Vista
 - Ripperdan
 - e. Supported the successful Safe Routes to School efforts.

- f. We are working with the Adult Recourses Center on the adult program to provide nutrition classes to the parents.
- Planning on spring classes using the Eat Healthy Be Active curriculum.
 - Also offering the new UCCE Connects to You which is a one on one or small group nutrition education option with one on one nutrition educators
 - Have had 22 parents show interest.
 - Thank you to Brian Chiarito for helping to get the fall newsletter distributed and was handed out to teachers and distributed out during meal distributions.
 - Will have another newsletter in the spring. If anyone has any info that they would like to have added to the newsletter, we will be happy to do that.

- Alliance for a Healthier Generation Jaime Brown in lieu of Anita Ruiz

- a. Madera Unified was awarded \$25,000 from Kaiser to help support the purchase of equipment for physical education during our current learning model.
- b. The Alliance wanted to let us know that secondary school health council leads are in the process of receiving their training regarding the healthy schools assessment that needs to be completed for this year.
- There are 15 questions that need to be answered at the schools to help guide the action plan items and it is brief due to the pandemic. The questions have been altered to help schools with our current reality.
 - For those schools who have already received their training, 17 out of 18 have already completed assessment and have begun their action plan.
 - Several sites are focusing on employee wellness, keeping people physically active, giving teachers strategic walking breaks, allowing them to go outside and see real people while social distancing and wearing masks.
 - At the secondary level, the middle schools have received their training update for the new assessment and they are in the process of completing those.
 - Our high school leads will be receiving their training this month.

- Public Health: Alan Gilmore

- a. As a result of the efforts that all of the partners did for the Walk to School Week, and for Pedestrian and Safety Awareness, we were recognized by the Madera City Council with a proclamation for the week and we were able to accept that on behalf of all of the partners.
- It was great to see that the community and our policy makers are beginning to recognize the importance of pedestrian safety and walking to school.

-Andrea Fillebrown

- a. Great job to everyone who participated in the virtual Safe Route to Walk to School event it was a lot of fun. Grateful for all of the PE teachers who in collaboration were able to get lots of kids to participate.
- b. Partnered with Madera South to build new garden beds for Cesar Chavez and Millview Elementary Schools. The teachers at these sites are going to focus on getting them up and running to do employee wellness, physical activity, gardening to de-stress before the kids come back to school.
- c. Had five to seven participants in our Spanish and English class

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- d. We were able to provide about 200 healthy tool kits to Parks & Recreation's Halloween event that included healthy information.

-Elia Medina

- a. We are going to continue to work closely with the City of Madera in the Safe Routes to Schools effort and so far we have conducted walk audits around Millview and Madison Elementary. In August, we conducted an audit around Sierra Vista.
- There will be sidewalks built around Madison to connect the neighborhoods in the attendance area to ensure safety.
 - We are working with the city and helping to fund a high visibility crosswalk painted in the Sierra Vista area as well as many other changes.
 - Will be working closely with the city to identify future walk audit sites focusing at elementary schools.
 - We have created an infographic on our efforts and success story around Washington Elementary that we submitted to the California Department of Public Health. They liked it enough to submit it to the CDC. It highlights all of the efforts, the community engagement and partnerships within the city of Madera that made this possible and successful around Washington Elementary School.
 - Principal Adalberto Hernandez interjected a big thank you for all of the efforts and success.
- b. We will be conducting 4 workshops 2 in English and 2 in Spanish at the Parent Engagement Conference with David Hernandez and will be taking about the very much requested topics of Covid-19 and the flu.

11.

Advanced Planning

- a. District Wellness Committee Meeting #3: February 10, 2021 | 4:30pm – 6:00pm
b. District Wellness Committee Meeting #4: April 28, 2021 | 4:30pm – 6:00pm

12.

Suggested Future Agenda Items

- a. Triennial Assessment Preparation – Ongoing
- Need to continue to prepare the Triennial Assessment.
 - A sub-committee will be created to ensure that Behavioral Health, Social Health, Mental Health, School Culture and Climate, Counseling Psychological and Social Services are included in the assessment.
 - Need to review and revise the Wellness Policy handouts that are shared with parents in English and Spanish.

13.

Adjournment