



**Madera Unified School District  
Wellness Committee Meeting Agenda  
February 10, 2021 | 4:30pm – 6:00pm**

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**Zoom Meeting**

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**Those in attendance:** Jaime Brown, Brian Chiarito, Andrea Fillebrown, Cristina Khan, Karen DeOrian, Kim Johnson, Jordan Murphy, Elia Medina, Renee Farias, Christine Doss, Karina Macias, Marty Bitter, John Fernandez, Alan Gilmore, Dana Gutierrez, Adalberto Hernandez, Ruth Salazar, Cristina Rendon, Joana Orea, Bryan Miller, Danene Guglielmana, Marco Gomez, Elizabeth Lopez, Sean Carlson, Andrea Devine, Elizabeth Puga, Maricela Olmos, Thomas Chagoya, Kristi Schultz-Sharp, Thomas Chagoya

1. Call Meeting to Order @ 4:38 pm
2. Welcome: Jaime Brown, we have many great things going on in the district regarding wellness.
  - a. After discussing strategies with the Alliance for a Healthier Generation and going through the triannual assessment where we have to assess our district every three years regarding the ten wellness components, the Alliance stated that we should attempt to have meetings focusing on the ten areas. This will show us where ailments are so we can implement different action plan items within the same component, so they know whom to seek out and who to work with regarding that area. It will also let us identify where we might be falling short. After reviewing what we are doing in the district, I do not feel like we are falling short anywhere. Many districts like to replicate what we are doing.
3. Items that are on everyone's minds.
  - a. Engaging students with mental health needs.
  - b. Spectators at games, athletic students able to practice again.
  - c. Staff members are working from home and supporting employee wellness.
  - d. Support engagement and connectivity with students.
  - e. The cameras on cameras off struggle.
  - f. Staying active and promoting self-care.
4. Review of Minutes – November 4, 2020: [LINK](#)
  - a. There is a link on the MUSD Athletics Wellness Webpage where the Wellness meeting minutes are archived and available for review.
5. WSCC Model Review: [LINK](#)
  - a. We are focusing on all WSCC model areas Whole School, Whole Child, Whole Community.
  - b. All of us play a part in focusing on one of these specific areas, and sometimes we overlap or intertwine in multiple areas, but we have one focus.
    - Physical Education and Activity
    - Nutrition Environment and Services
    - Health Services

- Counseling, Physiological and Social Services
  - Social and Emotional Climate
  - Physical Environment
  
  - Employee Wellness
  - Family Engagement
  - Community Involvement
  - Health Education
- c. Many of us will automatically overlap into the Family Engagement and Community Involvement as well.
6. MUSD Physical Education and Physical Activity [ [LINK](#) ]: Jaime Brown
- a. February is Black History Month Focus on Celebrating Diverse Heritage, incorporated into the physical education weekly activity.
  - b. May Movement Challenge
    - We will have some updated movement challenges.
    - A Spanish version will be made available to ensure that we meet the need of our entire community.
7. Madera County Department of Public Health: Andrea Fillebrown
- a. We are working on a sub-contract with the Parks Department to create physical activity boxes that the Parks and Rec Department will pass out to the students who attend John Wells and Pan Am Community Center.
    - These centers have not been open since March 2020 due to Covid.
    - The boxes will include jump ropes, chalk, frisbees, mini hand weights, step tracker, and other things to encourage students who attend these facilities to stay physically active along with their families at home.
8. MUSD Nutrition Environment and Services: Brian Chiarito
- a. We are excited that numbers have increased this week and last week after a drop in December.
    - Served about 7500 lunch boxes (meal kits) this week and are looking to increase those numbers next week.
    - Brian Miller was introduced as the new Assistant Director of Child Nutrition, who was hired in November and brought an extensive background from the kitchen and culinary side.
    - We have been testing new recipes and looking at new equipment to continue to advance what we have been doing across the board from elementary to high school.
    - We will continue to push what we do in Madera Unified and across the state and be a leader in that for our kids and provide excellent food.
    - When we do meal service on February 24, we will pass 4 million meals served since the pandemic began.
    - Kids at the MSHS farm harvest tangerines every year, but because of Covid, the staff had to do it.
    - MUSD Child Nutrition Department purchased the fruit that was distributed district-wide for multiple meal services.
    - We were highlighted at the state level on a community call with the Center of Eco Literacy, where we talked about our MSHS farm.

9. Health Education

Renee Farias, Dairy Council of California

- a. The MUSD PE teachers continue to use the nutrition education curriculum and do a great job integrating them into google classrooms.
- b. We have a few teachers piloting our new nutrition builders, one topic-focused online lesson that includes a physical activity component called the Brain Break. "We are excited to get their feedback on how they liked it and how the students responded".
  - **online learning page** for nutrition curriculum and lessons: [healthyeating.org/onlinelearning](https://healthyeating.org/onlinelearning)
  - **New K-2nd grade curriculum**, the updated curricula highlights SEL: [Healthyeating.org/K-2](https://Healthyeating.org/K-2)
  - ✓ New curricula now replace the old curricula on the website. However, please let me know if you need access to the old materials.
  - ✓ Happy to go over the changes to the curricula for those who teach these grades before the 21/22 school year

**Nutrition Builders** (single topic online lessons for 3<sup>rd</sup>-5<sup>th</sup> grades, includes PA videos): [healthyeating.org/builders](https://healthyeating.org/builders)

Kristi Schultz-Sharp, Cooperative Extension Fresno County, CalFresh Healthy Living, UCCE

- a. We are continuing to promote EatFresh. Og Curriculum that the sophomore students will be finishing this spring and the freshmen, junior and senior students completed it this fall.
  - The curriculum code for Madera is UC20.

Andria Fillebrown: National Nutrition Month

- a. This year, we will celebrate National Nutrition month UCTE and Madera Unified, where we promote eating healthy throughout March.
- b. We will collaborate and create four lessons that can be played on the kids' asynchronous days to watch.
  - Week 1: Healthy Snacks incorporating the fruit and veggie food groups.
  - Week 2: Breakfast and the grains food group as well as promoting National School Breakfast Week
  - Week 3: Lunch and the dairy food group
  - Week 4: Healthy dinners and the protein food group, while encouraging the kids to wear My Plate's colors that correspond with that week's food group throughout March.
  - Recorded presentations have been uploaded to the MUSD Athletic Website.
  - Resources for healthy eating, My Plate, food nutrition, and other fun activities are now available on the MUSD Athletic website.

10. Health Education Services: Cristina Rendon, Camarena Health

- a. We continue to offer health education services at all of our
  - Specific sites through video, phone, and if it is safe, in person.
  - Not currently offering services at the following sites: Cleveland and Country Club (now closed)
- b. Nutrition Lesson
  - Was sent out to 1,482 MSHS students.

- Provided a 30-minute prerecorded presentation focused on nutrition, wellness, and physical activity, staying safe during Covid, obesity prevention, and food.
  - I. A 15-minute assessment was provided where the average score was 27.6 out of a possible score of 30.
- Kristina suggested anyone wanting to coordinate a presentation for any age group should contact her via email or her office direct phone line. [crendon@camarenahealth.org](mailto:crendon@camarenahealth.org) 559-664-4123

11. Social and Emotional School Climate [ [LINK](#) ]: Karen DeOrian

a. Wellness Update 2/10/2021

- A survey was conducted with students and staff.
- Please go to the link for survey results information: [Department of School Culture & Climate - Survey](#).

12. Physical Environment [ [District Safety Committee Meetings Webpage](#) ]

13. Health Services: Christine Doss presented for Caitlyn Pendley, who was not present

a. The department is currently helping Camarena with Covid 19 vaccines.

Health Services: Cristina Rendon

- a. As we are getting the vaccine supply, we are coordinating with our various community partners and schools.
- b. In September, we opened the Matilda Torres School Base Site, and we are offering medical, dental, behavioral health, and health education services.
  - We continue to offer services that help support medical care.
  - Open to the students and the community.

14. Counseling, Psychological, and Social Services: No updates at this time.

15. Employee Wellness: Danene Guglielmana, Principal, Eastin-Arcola Elementary School

a. As a staff, we revamped our asynchronous Wednesdays and added some wellness pieces.

- Wellness Wednesday

b. During class check-in, we have implemented the three W's.

- **Wellness:** overall, students wellness
- **Walking:** remind the students to walk whenever they can and have included time in our schedule for staff to get out of the classroom and walk (40 minutes total) and emphasize doing it throughout the week.
- **Water**

c. Do a weekly update with the staff and always include a section for health and wellness.

d. Include a wellness section in the monthly newsletter for parents on Parent Square.

e. Start staff meetings with some physical activity, which is included on the agenda

f. Plug in all of the things that I have spoken of into the morning video announcements.

g. Try to find ways to get involved school-wide with different healthy mindful things.

- We had a school-wide Zoom and the American Heart Association to kick off our school-wide Heart Healthy Bingo.
  - I. The staff and students had a great time.
  - II. We let our students know that we are also doing what we ask of them as a staff.

- III. For the next ten days, they are challenged to do the items posted on the bingo board, and they will be checking them off as they go along.
- IV. We will have ten days to complete and will be having class competitions and Zoom room parties for those that complete this over those ten days.
- V. Also, promote that teachers do brain breaks.

16. Community Involvement

Kristi Schultz-Sharp, Cooperative Extension Fresno County

- a. Master Gardeners serve the entire Madera County, and we are coordinating with them to bring a virtual Spring Garden Workshop in April to the parents and the school district.
- b. We are working with David and his team, Community Service, and PRC's, promoting this event.

Joanna Orea, Madera County Department of Public Health

- a. Before Covid, we had started gardens at the nine elementary schools that we work with. Staff, students, or parents operated some of the gardens.
- b. After Covid, we had to develop creative ways to move our education to continue to promote gardens.
- c. We started virtual education back in the fall semester, and once that was completed, we promoted for them to start in-home gardens.
- d. Startup gardening kits were made available through local retailers.
- e. We placed new garden beds at Millview and Cesar Chavez.

17. Family Engagement: Virtual Parent Health Education, Kristi Schultz-Sharp, Cooperative Extension Fresno County

- a. UCCE and Madera County Health Department have been working hard together with the MUSD Parent Resource Center to align the nutrition education for all parents district-wide.
- b. Virtual Zoom workshops are being offered, which have captured a larger audience.

18. Triennial Assessment Preparation Ongoing [ [Link](#) ]

19. Big Shout Out: Marty Bitter

- a. Christine Doss, her department, and Chris Roup, Executive Director NAMI Fresno, did an excellent job training approximately 230 coaches in health and wellness. They learned what to look for in suicide, depression, anxiety and how to confide in those kids by giving them the tools and resources to help or guide them in the right direction. We received a lot of positive feedback from our coaches. We want to offer this training to our student-athlete parents.

Adjournment