



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

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**This meeting will be held via Zoom, a cloud-based video communication to hold virtual meetings. The link below will give access to the scheduled Wellness Committee Meeting. Click the link below to access the Zoom meeting.**

<https://maderausd.zoom.us/j/83859679793>

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**Those in attendance:** Alan Gilmore, Alicia Gomez, Amanda Araim, Anabel Hernandez, Andrea Devine, Bernardo Talavera, Brian Chiarito, Carmen Ramirez, Cristina Gonzelez, Dana Gutierrez, Elia Medina, Elizabeth Lopez, Feliza Cruz Mendoza, Guadalupe Guzman, Isabel Guzman, Jaime Brown, Jessica Gil-Bautista, Joanna Orea, Joetta Fleak, John Fernandez, Jordan Murphy, Karen DeOrian, Laura Hernandez, Lilia Alvarez, Maribel Gonzalez, Marty Bitter, Maria Preciado, Mary Roberts, Monica Bravo, Renee Farias, Rosa Cruz, Ruth Salazar, Sara Gonzalez, Silvia Sandoval, Sofia Angel, Sonia Galvan, Viviana Maribel Joya, Yaneth Luna Villa, Zoila Lopez, *Dinora ?, Flor G, Guillermo?, Irma ?, Luis?, Maria ?, Marta ?, Miriam ?, Odaiva ?, S Young, Sulman ?, Vickie ?*

1. Call Meeting to Order 4:35pm
2. Welcome
3. Review of Minutes – May 19, 2021: [LINK: https://www.madera.k12.ca.us/Page/14328](https://www.madera.k12.ca.us/Page/14328)
  - a. There is a link on the MUSD Athletics Wellness Webpage where the Wellness meeting minutes are archived and available for review.
4. Physical Education (PE) and Physical Activity
  - a. Jaime Brown, MUSD Coordinator of PE and Athletics – Air quality, the Real Time Air Advisory Network (RAAN) and the Real-time Outdoor Activity Risk (ROAR) Guidelines – Includes Physical Environment, Health Services, and Employee Wellness.
    - i. Link to the RAAN homepage:  
[https://www.valleyair.org/Programs/RAAN/raan\\_landing.htm](https://www.valleyair.org/Programs/RAAN/raan_landing.htm) .
    - ii. Link to information regarding the RAAN APP: <http://valleyair.org/app/>
    - iii. Link to MUSD Inclement Weather webpage:  
<https://www.madera.k12.ca.us/Page/7234>
    - iv. See presentation – Athletics and Physical Education
    - v. Jaime Brown, MUSD Coordinator of PE and Athletics – CA PFT – There is no suspension or waiver for the 2021-2022 school year. Therefore, all MUSD PE teachers completed a digital training on how to complete all assessments specific to the five components of fitness. All students in physical education in grades 1+ are participating in pre-assessments during fall 2021 and post assessments during spring 2022. The pre-assessment will be used to guide future instruction. We anticipate muscular strength and endurance, as well as aerobic capacity to be an area of focus for the next couple years. The district assessment coordinator for the CA PFT will attend a training on Friday

November, 12, to receive updates on any changes made to the performance assessments. See presentation – Athletics and Physical Education

- vi. Jaime Brown, MUSD Coordinator of PE and Athletics – CA PFT – Elementary PE teachers received a training from the Alliance for a Healthier Generation at the beginning of the school year focusing on how to integrate overarching PE standard 5 with the CASEL 5. PE standard 5 states “Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.” CASEL stands for the Collaborative for Academics, Social, and Emotional Learning. The CASEL 5 is a framework that creates a foundation for applying evidence-based SEL strategies to communities and includes five broad interrelated areas of competence: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. (Includes Health Education and Social and Emotional School Climate). See presentation – Athletics and Physical Education
- vii. CA PE Model Content Standards for CA Public Schools:  
<https://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>
- viii. Collaborative for Academic, Social, and Emotional Learning:  
<https://casel.org/about-us/>

5. Nutrition Environment and Services

- a. Brian Chiarito, MUSD Director of Child Nutrition – We are attempting to get back to normal. We are changing how we operate. There are several challenges to get menu items so we are keeping menu items small. Some challenges include supply change interruptions and staffing. A celebration is that a lot of students are being fed.
- b. **To do: An additional meeting held in Spanish will be scheduled by winter break. The meeting will be specific to nutrition. However, the meeting will include all MUSD directors and coordinators that fall under the WSCC Model in order to address parent comments, concerns, questions, or requests that fall under any district department.**

6. Health Education

- i. Jaime Brown, MUSD Coordinator of PE and Athletics – The CA Health Education Framework, Ed Code requirements, and our Family Life classes are currently under review. As the district wide family life department expands, we want to ensure that the curriculum is relevant, standards based, and cohesive. We also want to ensure that new teachers have the support they need to provide quality lessons and instruction. See presentation – Athletics and Physical Education

7. Social and Emotional School Climate

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- a. Karen DeOrian, MUSD Director of School Culture & Climate – PBIS. Twenty-six out of 27 sites applied for recognition from the state last school year. Twenty-five Schools received recognition. The focus was universal teaching. This year’s focus will be on tier 2 supplemental support. Students are receiving Second Step curriculum with weekly lessons. Restorative practice trainings have been provided. New teachers on special assignment have been hired – “We Believe in Character” initiative. A multicultural calendar and student bill of rights have been shared with the community. See presentation – School Culture and Climate.
8. Physical Environment –
    - a. View Minutes from the District Safety Committee Meeting here:  
<https://www.madera.k12.ca.us/Page/12203>
9. Health Services
    - a. No report.
10. Counseling, Psychological and Social Services
    - a. New staff positions have been approved. More information to come.
11. Employee Wellness
    - a. Karen DeOrian, MUSD Director of School Culture & Climate – The district received a grant to support employee wellness – SFSS Cowell Grant. Employees have access to a self-care planner, nutrition, mindfulness practices, and incentives for course completion. Numbers of staff member participation was shared. See presentation.
12. Community Involvement
    - a. Jaime Brown, MUSD Coordinator of PE and Athletics – Last year we wished David Hernandez a restful retirement and now we would like to give a warm welcome to Elia Medina, Director of Community Services and Parent Resource Centers. She has already supported MUSD via a position held with Madera County Department of Public Health.
    - b. Joanna Orea, Feliza Crus Mendoza, and Maribel Gonzalez, Madera County Department of Public Health – 3 items were shared – 1) Joanna Orea - Tree Fresno is a non-profit organization that brought the projects to their homeschools – Nishimoto, Berenda, Pershing, Torres, and ETTA ...the agency provides trees to schools and is looking forward to providing shade to employees and students; 2) Resident Champions – Feliza Cruz Mendoza (parent/community member) - Stencil Project: volunteer parents are working with the Department of Public Health – they have been working with the schools to create environments that are fun for kids. During the pandemic they completed the stencil projects to provide more physical activity and color to the school environment. Their mission is to better the lives of children and combat chronic disease; and, 3) Maribel Gonzalez – Community Gardens: Seven schools have community gardens that are established. We are

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working on the 8<sup>th</sup> school. Community gardens support parent workshops on nutrition education that Madera County hosts at MUSD Parent Resource Centers. There is a focus on educating parents that eating healthy does not have to be expensive. The how and why is shared. Gardens are maintained by parents, staff, and/or partners depending on site. **To do: A list of STEM teachers have been requested in order to create a strategic integration of STEM instruction and whole health.**

13. Family Engagement

- a. Elia Medina, MUSD Director of Community Services and Parent Resource Centers – Parent Conference Workshop will be this fall. It will be virtual. One day will be in Spanish (Friday) and one day will be English (Thursday).
- b. Elia Medina, MUSD Director of Community Services and Parent Resource Centers – Approval to provide in-person classes will be requested in order to support parents. Free classes being offered include “Social Media for Parents”, “Parent-Child Communication and Positive Discipline Techniques”, and “Helping Kids Cope with Frustration, Anger, Sadness, and other Tough Feelings”. Gift cards will be raffled off in order to increase participation.
- c. Elia Medina, MUSD Director of Community Services and Parent Resource Centers – A virtual town hall meeting will be held in response to the COVID-19 vaccine being available to students ages 5-11. It will be held in English and Spanish.

14. Action Items

- a. District Wellness Policy Pamphlet Creation: [Survey Link](#)
  - i. Outdated Handout Example – [English Link](#) | [Spanish Link](#)
  - ii. The District Wellness Committee and additional stakeholders throughout the community can provide input on what they would like to see included in the stakeholder handout. **To do: MUSD employees, students, parents, and the community are encouraged to provide input on what they would like information on regarding each WSCC Model component prior to our upcoming meeting in January 2022.**
- b. MUSD – District or Site Wellness Requests: Review [Link](#)
  - i. A form has been added to the MUSD District Wellness webpage so MUSD employees, students, parents, and the community can share questions, comments, concerns, and/or requests regarding district wide health and wellness.

15. Suggested Future Agenda Items

- a. MUSD District Wellness Policy Pamphlet – Review and enhance
- b. MUSD Alliance for a Healthier Generation site assessment results, action plan items, and methods of support. **To do: A district Steering Committee including directors and coordinators that fall under the WSCC Model need to meet and create a plan**

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**to support school health councils, online assessments, action planning, and methods of support.**

16. Advanced Planning

- a. District Wellness Committee Meeting #2: January 26, 2022 | 4:30pm – 6:00pm
- b. District Wellness Committee Meeting #3: March 30, 2022 | 4:30pm – 6:00pm  
District Wellness Committee Meeting #4: May 18, 2022 | 4:30pm – 6:00pm

17. Adjournment at 6:02pm

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**POSTED: October 26, 2021**

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DRUG FREE WORK PLACE EMPLOYER**