



**Madera Unified School District Wellness Committee Meeting Agenda**

**April 6, 2022 | 4:30pm – 6:00pm**

**Location: MUSD Child Nutrition Conference Room (769 Pine St)**

Those in attendance: Jaime Brown, Cristina Khan, Tyler Muscianes, Joetta Fleak, Elia Medina, Andrea Fillebrown, Joanna Orea, Alan Gilmore, Elizabeth Lopez, Karen DeOrian, Brian Chiarito, Renee Farias, Scott Townsend, Maria Martinez, Sulman Yanez, Renee Brown, Paige Jager

1. Call Meeting to Order at 4:35pm
2. Welcome
3. Review of Minutes – November 10, 2021 & December 1, 2021:  
<https://www.madera.k12.ca.us/Page/14328>
4. Physical Education (PE) and Physical Activity (PA)
  - a. Jaime Brown, MUSD Coordinator of PE and Athletics - A Brain Boosting exercise was shared with the group – a website with resources to support MUSD teachers with brain energizers that can be provided in the classroom can be found here:
    - i. <https://www.madera.k12.ca.us/Page/14051>
  - b. Jaime Brown, MUSD Coordinator of PE and Athletics - CSU Fresno Interns and Berenda Elementary Physical Education: Every semester CSU Fresno sends university students to MUSD so they can observe and co-teach PE at the elementary, middle, and high school level. Due to the pandemic, university students can only join MUSD PE synchronously. Therefore, Berenda third graders received PE via zoom as an entire grade level team over a five-week PE unit. High reviews were received.
  - c. Jaime Brown, MUSD Coordinator of PE and Athletics - CA Physical Fitness Tests (PFTs) and Independent Study Program on March 21, April 4, and April 25: The elementary PE program is in the process of implementing CA PFTs with students participating in MUSD's independent study program. All students need to participate in their assessments while on Furman's school campus. Three dates are offered in hopes to assess at least 50% of students in grades 5, 7, 9. The goal is to assess at least 70% next school year.
5. Nutrition Environment and Services
  - a. Brian Chiarito, MUSD Director of Child Nutrition - Farm to School MSHS Mandarin Harvest: The Madera FFA project continues to grow, pick, and provide Mandarins to MUSD Child Nutrition with the supervision of Kristin McKenna, Director of College and Career Readiness, on an annual basis. Mandarins were purchased by Child Nutrition, cleaned, then dispersed to school sites for school lunches. An email was sent out district wide. The Mandarins are grown on 1 acre of land and feed students over 3 instructional days.
  - b. Brian Chiarito, MUSD Director of Child Nutrition – USDA Waivers will go away on June 30<sup>th</sup>. The Child Nutrition Association is working with congress in order to provide clarity

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to district Child Nutrition programs regarding funds. MUSD child nutrition feels confident that MUSD's Child Nutrition industry will be okay regarding the financial standpoint.

- c. Brian Chiarito, MUSD Director of Child Nutrition – Hydroponics: Child Nutrition is utilizing hydroponics, [the cultivation of plants in nutrient-enriched water, with or without the mechanical support of an inert medium such as sand, gravel, or perlite], to grow lettuce and basil that will be harvested and added to salads served to students district wide. The goal is to sustain this opportunity and enhance the number of units utilized to increase production. This supports the Go Fresh motto and supplies good quality food to students.
- d. Brian Chiarito, MUSD Director of Child Nutrition – Special ovens have been purchased to increase quality of foods serviced to students. For example, fresh turkey can be placed in the oven, set to cook over night, and then automatically chills the cooked turkey so it can be sliced when employees arrive to work in the mornings. This is currently occurring for the middle and high schools. Matilda Torres has these special ovens, as well.
- e. Brian Chiarito, MUSD Director of Child Nutrition – MUSD food trucks were going to be utilized pre-pandemic. Child Nutrition is in the process of revamping this action item.
- f. Brian Chiarito, MUSD Director of Child Nutrition – A building location has been leased so Child Nutrition can house paper products purchased in bulk. It is best to buy in bulk to overcome challenges faced state wide regarding availability of items needed to get students fed.
- g. Brian Chiarito, MUSD Director of Child Nutrition – Summer lunch programing, Expanded Learning Opportunity Programming (ELOP), and feeding students was briefly discussed. There are currently several unknowns. Items will need to be addressed on a future date with those involved.

### 6. Health Education

- a. Renee Farias, Project Manager, Dairy Council of California: Mobile Dairy Classrooms and Nutrition Education – Mobile Dairy Classroom opportunities are being offered to schools again. Schools can book assemblies online at <https://www.healthyeating.org/products-and-activities/programs-services/farm-to-you/mobile-dairy-classroom/request> . Healthy Eating curriculum is still being taught to students throughout MUSD. Curriculum can be viewed at <https://www.healthyeating.org/products-and-activities/curriculum> .
- b. Elizabeth Lopez, Nutrition Program Supervisor, CalFresh Healthy Living UCCE – La Vina, Lincoln SDC, and another school site: School Garden programming and Garden Curriculum Implementation are occurring with support from the Action for Healthy Kids Grant; Opportunities for Parents to participate, as well as including STEM teachers and students (Community Involvement and Family Engagement). Squash, tomatoes, and eggplants are being provided. Seeds are also provided to schools upon request.
- c. Andrea Fillebrown, Health Education Coordinator, Madera County Department of Public Health – Monroe, Berenda, Sierra Vista, Madera High School (secret garden), and Millview receive support to grow fruits and vegetables. Materials include seeds, soil, tools, etc. some gardens are currently dormant, due to the pandemic, but the goal is to revamp them and begin growing and harvesting again.
- d. Elia Medina, Director of Community Resources and Parent Resource Centers – Parent education is occurring at schools regarding gardening. Parents will be provided

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gardening education synchronously and have an additional choice to participate in the process in person. Also, parents will receive gardening kits after completion.

### 7. Social and Emotional School Climate

- a. Karen DeOrian, Director of Culture and Climate, MUSD - Secondary curriculum and instruction, as well as the department of school culture and climate, were approached by secondary administration. They requested updated SEL (social emotional learning) curriculum because teachers are reporting that they prefer a different option. Surveys are going out and additional curricula are being reviewed. The goal is for a team of teachers to propose a new curriculum for secondary use. TK-8 utilize Second Step, 30 minutes per week, therefore middle school might experience a change. Elementary grades would stay with the same curriculum (health education).
- b. Jaime Brown, Coordinator of PE and Athletics, MUSD – Mental Health Education and Senate Bill 224 introduction:
  - i. [https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=2021202205B224](https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=2021202205B224)

### 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. Renee Brown, Oral Health Program Dental Hygienist, Madera County Department of Public Health – Madera County is attempting to partner with public schools to assess the oral health of students – implement screenings, assessments, identify needs, referrals, provide support, etc. Education is also provided via the program. High school students are already receiving education on how to support the oral health of their baby's, infants, and/or toddlers. Renee Brown will be reaching out to school nurses and Caitlin Pendley, Coordinator of Health Services, to identify strategies to support MUSD students.

### 10. Counseling, Psychological and Social Services – n/a

### 11. Employee Wellness

- a. Karen DeOrian, Director of Culture and Climate, MUSD – MUSD employees are provided multiple online courses to help support personal wellness. Each course includes a series of videos that total to about 8 hours. Some health and wellness video series include mindfulness, social emotional awareness, nutrition, and other self-care topics. The Board allowed a three-year incentive program where employees receive a small stipend after the completion of each video series. Courses are available at <https://learn.maderausd.org/>

### 12. Community Involvement

- a. Resident Champions, Madera County Department of Public Health - Tree Fresno, MUSD, and parent/community involvement. There are 12 members in the group that want to promote PE, PA, and other health related items in Madera. The Resident Champions planted 44 trees at THS to support air quality and provide shade to students. The Resident Champions take the lead on communicating with site leadership and other

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stakeholders to implement their action items. They look forward to supporting more schools.

### 13. Family Engagement

- a. Alan Gilmore, MUSD – Farmers markets will occur this summer for 10 weeks, starting in June.
- b. Elia Medina, Director of Community Resources and Parent Resource Centers – A virtual Mental Health Awareness conference will occur the morning of May 6 for parents. An in person community resource fair will occur in the evening at THS on the same day so connections can be made between different organizations and the community.

### 14. Action Items

- a. School Culture and Climate Presentation – Karen DeOrian, Director of Culture and Climate, MUSD – [See Presentation Here](#)
- b. District Wellness and School Health Councils Refresher Presentation – Jaime Brown, Coordinator of Physical Education and Athletics, MUSD – [See Presentation Here](#)
- c. Alliance for a Healthier Generation Assessment and Stakeholder Sign-Up Process– Jaime Brown, Coordinator of Physical Education and Athletics, MUSD – [See Presentation Here](#)

### 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

### 16. Advanced Planning

- a. District Wellness Committee Meeting #4: May 18, 2022 | 4:30pm – 6:00pm
  - i. Changed to June 8, 2022 | 11:30am – 1:00pm

### 17. Adjournment at 6:00pm