



Madera Unified School District Wellness Committee Meeting Agenda
September 28, 2022 | 4:30pm – 6:00pm
Zoom Meeting

1. Call Meeting to Order 4:35pm
2. Welcome and introductions
 - a. Name, Title, Organization, Favorite Place to Relax
 - b. Those in attendance: Tiara Munoz, Lesly Arroyo-Guzman, Bryan Miller, Marty Bitter, Brian Chiarito, Caitlin Pendley, Joetta Fleak, Chia Vue, Rafael Nunez, Evelyn Ramirez, Kristy Weber, Maribel Gonzalez, Andrea Fillebrown, Lawrence Fernandez, Alyson Crafton, Elizabeth Lopez, Cristina Rendon, Cristina Khan, Renee Farias, Maribel Gonzalez, Elia Medina, Prince Marshal, Gracela Valdez, Karen DeOrian, Scott Townsend, Alan Gilmore, Danielle Ross, Nora Guillen, Jaime Brown
3. Review of Minutes – June 8, 2022: <https://www.madera.k12.ca.us/Page/14328>
4. Stakeholder Updates
 - a. Physical Education and Physical Activity – Jaime Brown, Coordinator of Physical Education and Athletics, MUSD
 - i. Elementary PE has designed a district wide dance unit that is developmentally appropriate and supports CA PE Standards for CA Public Schools. Primary students focus on performing repetitive movements, locomotor and non-locomotor, to the beat of the music. As students move up in grade levels, students learn dances that progress from independent, partner, and group dance. Dances include: The Bunny Hop, Hawaiian Roller Coaster, Mexican Hat Dance, California Strut, Achy Breaky Heart, Pata Pata, and Virginia Reel. Students in upper grade have standards that require students to experience folk dance (square dance is an American version of folk dance), line dance, and dances manipulating objects (examples: jump rope routines, ribbon or hula hoop routines like the Olympics, jump bands, or tinikling.
 - ii. Elementary PE and [MULES](#) (Madera Unified League of Elementary Schools) is supporting school culture and climate initiatives specific to character traits of the month. Our current athletics season is wrestling with a focus on responsibility. Opposing teams will identify athletes displaying responsibility and award them a certificate at the end of athletic contests.
 - iii. Secondary PE is working on enhancing instructional units in order to support 8 required content areas students must receive prior to exiting PE. This includes: The effect of physical activity upon dynamic health, Mechanics of body movement, Aquatics, Individual/dual sports, Gymnastics/tumbling, Team sports, Rhythms/dance, and Combatives.
 - iv. All PE teachers have received CA PFT training at the beginning of this school year and are currently engaging students in PFT assessments starting in 1st grade. Primary students practice the PACER, curl-ups, and push-ups. Students

in grades four and up also participate in the Mile, trunk-lift, shoulder stretch, and sometimes the modified sit and reach. The pre-assessment window closes on October 28, 2022.

- b. Nutrition Environment and Services – Brian Chiarito, Director of Child Nutrition, MUSD
 - i. The supply chain for food has continued to be a challenge.
 - ii. Rose and La Vina are piloting a variety of menu items.
 - iii. TJ Middle School Kitchen remodel is in progress.
 - iv. Coolers and freezers will be added to MLK and Desmond.
 - v. Food trucks are also in the process of being developed.
 - vi. Numbers of students for breakfast and lunch are starting to grow.
 - vii. Hydroponic gardens are being enhanced. It is a 30-day process to grow food from germination to table.
- c. Health Education – Multiple Presenters
 - i. Walk to School Events: Virginia Lee Rose and Sierra Vista Elementary Schools will occur on Oct 12; Washington Elementary School will occur on Oct 24 – Madera County Department of Public Health
 - ii. PE teachers received a nutrition education refresher training for elementary curriculum – Dairy Council of CA and UCCE Cal-Fresh
 - iii. STEM teacher at Howard is receiving support for their school garden–UCCE Cal-Fresh
 - iv. Parent Nutrition Education will occur in October –UCCE Cal-Fresh
 - v. Youth Coalition meets every two weeks regarding tobacco use. They receive training and community service hours; community residents can be included in an adult group. Students have the opportunity to go to the state capital and talk to lawmakers as tobacco advocates in the spring every year. It would be great if we can include students from MUSD – Madera County Department of Public Health
- d. Social and Emotional School Climate – Karen DeOrian, Director of School Culture and Climate, MUSD
 - i. [LINK to PRESENTATION](#) – Perceptions of school safety and sense of belonging by each grade level was shared. School belonging amongst staff was also shared. The Student Champion Course Day 1 Trailer was previewed. Information was shared in the Madera Tribune and is include in Madera Minutes. The Student Champion Course Day 2 is currently being planned for January 2023.
 - ii. [Play Works training](#) for Red Pyramid elementary schools will be provided on October 3 and October 10. The focus is creating positive recess environments.
- e. Physical Environment – Lawrence Fernandez, Safety and Security Manager, MUSD
 - i. [LINK to Safety Committee Agenda](#)
 - ii. School Safety was also discussed in the Social and Emotional School Climate Presentation ([LINK](#))
 - iii. Stop it App: there are 6,000+ downloads on the app. There are about 6 reports per day.
 - iv. Window protective tint is being applied to schools.
 - v. Active shooter training is being rolled out at multiple sites.
- f. Health Services, Counseling, Psychological, and Social Services – Caitlin Pendley, Coordinator of Health Services, MUSD
 - i. Narcan will be available on secondary campuses, then move onto elementary school campuses – it reduces symptoms for opioid overdose. RN’s have been

trained. Then, there will be a train the trainer model. It looks similar to an epi pen.

- ii. Mental health and suicide prevention training occurred in grades 8, 10, 12.
 - iii. Behavioral health technicians have been hired to support primary students.
 - iv. Students caught vaping – what is the process? Question was posed by Madera County Department of Public Health. This will be addressed in the next meeting.
- g. Employee Wellness, Community Involvement, and Family Engagement. – Elia Medina, Director of Community Services and PRC
- i. Parenting classes, social emotional classes, computer classes, nutrition classes, leadership classes, parents of English Learners and processes to provide support classes, core subject support classes – math, language, literacy, etc., and strategies to be engaged with the learning of children classes will be offered. The Parent and Community Engagement Conference will occur in December 2022.

5. Action Items

- a. Alliance for a Healthier Generation and Thriving School Integrated Assessment Overview to Support School Health Councils - Kristy Weber, Regional Program Manager; Chia Vue will be the supporting role for MUSD
 - i. Summary: Refresher training was provided to school health council leads on the TSIA tool. The TSIA tool was explained and the online access process was explained. It is comprehensive, self-paced, flexible, and equity-centered. It is for all departments supporting the WSCC Model.
- b. 2021-2022 Alliance for a Healthier Generation Thriving Schools Integrated Assessment (TSIA) Review on Triennial Assessment Template – Jaime Brown, Coordinator of Physical Education and Athletics, MUSD
 - i. Summary: [LINK to TEMPLATE](#)
- c. 2022-2023 TSIA District Wide Action Plan Items, Review and Recommendations – Jaime Brown, Coordinator of Physical Education and Athletics, MUSD
 - i. Summary: [LINK to SPREADSHEET](#)
- d. District Wellness Policy, Review and Recommended Revisions Phase 1– Jaime Brown, Coordinator of Physical Education and Athletics, MUSD
 - i. Summary: Directors and coordinators from WSCC Model departments will lead sub-committees to review and recommend revisions of the District Wellness Policy by the next District Wellness Committee meeting. The goal is for the committee to develop consensus on recommended revisions that need to be presented and approved by the Board of Trustees.

6. Suggested Future Agenda Items

- a. Revisit TSIA and progress of MUSD comprehensive schools
- b. Review recommended revisions provided by MUSD department sub-committees and create consensus regarding items to share with the Board of Trustees
- c. Students caught vaping – what is the process?

7. Advanced Planning

- a. Meeting #2: November 16, 2022 | 4:30pm – 6:00pm. | ZOOM
- b. Meeting #3: February 15, 2023 | 4:30pm – 6:00pm. | ZOOM

- c. Meeting #4: March 29, 2023 | 4:30pm – 6:00pm. | ZOOM
8. Adjournment 6:01pm

MINUTES POSTED: September 30, 2022

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