



Madera Unified School District Wellness Committee Meeting Agenda
November 16, 2022, | 4:30 pm – 6:00 pm
Zoom Meeting

Those in attendance: Jaime Brown, Cristina Khan, Joetta Fleak, Maria Preciado, Lesly Arroyo-Guzman, Carsten Christiansen, Prince Marshall, Graciela Mendez, Marty Bitter, Tammi Britton, Elisabeth Lopez, Andrea Fillebrown, Joanna Orea, Evelyn Ramirez, Maria Martinez, Renee Farias, Andrea Devince, Karina Macias, Feliza, Elia Medina, Riena Cortes, Jordan Murphy, Karen DeOrian, Jennifer Patrick

1. Call Meeting to Order 4:31 pm
2. Welcome and introductions
 - a. Name, Title, Organization, and Why You Liked Going to School
3. Review of Minutes – September 28, 2022: <https://www.madera.k12.ca.us/Page/14328>
4. Stakeholder Updates
 - a. Physical education and physical activity, nutrition environment and services, health education, social and emotional school climate, physical environment, health services, counseling, psychological and social services, employee wellness, community involvement, and family engagement.
 - i. Jaime Brown, MUSD Coordinator of PE and Athletics: Our physical education, athletics, and activity programming continue to shine.
 1. Our elementary PE specialists continue to lead school health councils and keep our site administration current on expectations. Our transparency document is regularly updated, so everyone knows when school health councils are meeting.
 2. Carsten Christiansen, MUSD CCSPP Grant Coordinator, has engaged classified and certificated staff in a 2-day [PlayWorks](#) training. Then, a [PlayWorks](#) coach provided direct recess support to Nishimoto school. [PlayWorks](#) is an organization that supports schools by creating play environments that help kids be their best. They believe in leveraging the power of play during recess to transform children's social and emotional health. They focus on student safety, engagement, and empowerment with four core values: 1) respect, 2) inclusion, 3) healthy play, and 4) healthy community.
 3. MULES programming continues to align with MUSD's identified character traits of the month. Students displaying gratitude at volleyball games and cross-country meets will receive certificates from the opposing teams. Signs of gratitude to look for at MULES events include athletes saying thank you, appreciating quality competition, working hard, NOT giving up, showing kindness to others, and displaying a "[growth mindset](#)". Examples of gratitude include: (1) cheering on runners from ALL schools during a race, (2) encouraging and thanking

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ALL runners for good competition, (3) high-fiving teammates after a play to acknowledge the process of hard work, (4) positively accepting the outcome of a game (win or loss) because something new was learned from experiences in the game, and (5) shaking hands and thanking the opposing team for a good game because challenge makes us stronger and smarter.

- ii. Nutrition Environment and Services – No update
- iii. Health Education: See a.i.1.
- iv. Social and Emotional School Climate
 - 1. Karen DeOrian, MUSD Director of School Culture and Climate
 - a. Day 2 of the Student Champion event will be held on January 10. It is aligned with the California English Learner Road Map. All of our work is coming together.
 - b. School Culture and Climate Survey results will be shared in the next meeting.
 - c. I GOT CAUGHT BEING A STUDENT CHAMPION initiative. The goal is to share pictures of people collecting STUDENT CHAMPION SWAG at the upcoming Student Champion event.
 - d. Bullying vs. Being Mean
- v. Physical Environment
 - 1. Lawrence Fernandez, MUSD Safety and Security Manager, MUSD - [LINK to Safety Committee Agenda](#)
- vi. Health Services, Counseling, Psychological, and Social Services – No Update
- vii. Employee Wellness
 - 1. Jaime Brown, MUSD Coordinator of PE and Athletics: Berenda just completed their "Berenda Steps Towards Better Health" challenge during the entire month of October. Employees were encouraged to set personal goals, document outcomes, reflect, and re-set activity goals. Goals were shared on a spreadsheet so accountability and encouragement could take place. Twenty-one employees chose to participate.
 - 2. Jaime Brown, MUSD Coordinator of PE and Athletics: Prince Marshall, MUSD Executive Director of Student and Family Support Services, will provide SFSS Employees with the opportunity to engage in a walking challenge and receive daily messages of encouragement and wellness tips over two and half weeks. The purpose is to encourage self-care over the holiday season. The challenge starts on November 21.
 - 3. Karen DeOrian, MUSD Director of School Culture and Climate: Fresno State Physical Therapy Interns – there are resources to help support our employees
- viii. Community Involvement and Family Engagement
 - 1. Elizabeth Lopez, CalFresh Healthy Living – UCCE: Gardens, Youth Engagement, Walk to School, and Parent Nutrition Lessons
 - a. Walk-to-School Events were successfully implemented at VLR, Sierra Vista, and MLK. The police and fire department were present. ABC 30 and KCEE 24 were there.
 - b. Jog-a-thon events occurred at Sierra Vista, VLR, and James Madison this fall, 2022.

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- c. Gardening at schools has kept us busy – James Madison is interested in composting. Howard is also interested in the composting movement.
 - d. Howard garden club – they planted pumpkin seeds over the summer and had the opportunity to sell their crop. They are now growing winter crops.
 - e. Eastin Arcola – They want to start a garden and implement garden lessons in STEM. They need to relocate their citrus trees due to sun availability. The master garden program can help them. They would also like a chicken coop. Jaime Brown and Elizabeth Lopez can visit Ripperdan.
2. Elia Medina, MUSD Director of Community Services and Parent Resource Centers: Parent Engagement Conference will be hybrid, zoom, and at MSHS. Dinner will be provided. The planning committee also includes 20 parents. Thank you to our parents. Two keynote speakers will be offered—one in English and one in Spanish. Over 300 responses from parents were provided regarding information they want to learn. Drugs, vaping, gangs, bullying, security, and literature were topics that were requested at a high volume. The community resource component will include 30 organizations.

5. Action Items

- a. District Wellness Policy, Review and Recommended Revisions from MUSD WSCC Model Departments Phase 2– Jaime Brown, Coordinator of Physical Education and Athletics, MUSD
 - i. Heading 1 on page 3 – add "safety officers" to the list of members that should be included in school health councils to better represent the WSCC Model Component, Physical Environment. According to the Centers for Disease Control and Prevention, a healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff. The physical school environment encompasses the school building and its contents, the land on which the school is located, and the surrounding area. A healthy school environment will address a school's physical condition during regular operation as well as during renovation [...] and protect occupants from physical threats (e.g., crime, violence, traffic, and injuries) [...].
 - ii. Heading 2 on page 3 – add "safety officers" to the list of members that should be included in the District Wellness Committee to better represent the WSCC Model Component, Physical Environment. According to the Centers for Disease Control and Prevention, a healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff. The physical school environment encompasses the school building and its contents, the land on which the school is located, and the surrounding area. A healthy school environment will address a school's physical condition during regular operation as well as during renovation [...] and protect occupants from physical threats (e.g., crime, violence, traffic, and injuries) [...].
 - iii. Heading 6 REWARDS on page 11 – Do we include examples in the policy or attach a framework to better support our schools with realistic and tangible

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- strategies to ensure fundraising success? After discussion, the committee committed to revisiting the possible framework creation.
- iv. Heading 7 SCHOOL EVENTS page 12 – add a bullet point that states, "It is recommended that at least one safety officer and/or one site administrator will be present at school events to support the school environment positively."
 1. Define events for more clarity and who should be present.
 2. How large is the event? Should the number of student/parent participants at the defined events be considered?
 3. Should this not be added at all? Even though it might be a recommendation, the "hope" is not realistic/feasible at this time due to resources (staffing/employee availability)
 4. After discussion, the committee made a collective commitment to "table this topic" and/or include recommendations in a possible framework.
 - v. Heading 7 SCHOOL EVENTS page 12 – add a bullet point that states "Students will not be excluded from events based off of ability." – Per Board Policy ... (instead of adding to current policy)
 - vi. Heading 10 FUNDRAISING page 14 – remove the duplicate item, "nutrition education."
 - vii. Heading 10 FUNDRAISING page 14 – add "mental health awareness"
 - viii. Heading 10 FUNDRAISING page 14 – Do we include examples in the policy or attach a framework to better support our schools with realistic and tangible strategies to ensure fundraising success? After discussion, the committee made a collective commitment to revisit the possible framework creation.
 - ix. Heading 11 PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES pages 15 – Do we add an item regarding PlayWorks implementation to better represent physical activity? After discussion, the committee made a collective commitment to revisit the possible framework creation.
 - x. Heading 11 PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES pages 15 – Do we add an item regarding inclusion? After discussion, not needed.
 - xi. Heading 11 PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES pages 15 – Do we add specific examples of physical activity opportunities to support teachers with brain energizer implementation? After discussion, the committee made a collective commitment to revisit the possible framework creation.
 - xii. Heading 12 OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE WELLNESS page 16 – Do we add additional activities to ensure all WSCC Model components are included? Examples: Character Trait of the Month, Mental Health Resource Fairs, Vaccination and Immunization Clinics, Routine Dental Services, Vision and Hearing Screening, Fire Drills, Active Shooter Drills... After discussion, the committee made a collective commitment to revisit the possible creation of a framework.
 - xiii. Heading 14 HEALTH EDUCATION pg 19 – Do we include a component of and link to the Vaping and Tobacco-Free Schools Policy? Should this be updated? The last update was in 2016. The Alliance for a Healthier Generation has a policy builder. Do we review their recommendations for support? Further discussion is needed.

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6. Suggested Future Agenda Items
 - a. Finalize recommended wellness policy revisions by the end of the next meeting.
 - b. Revisit TSIA and progress of MUSD comprehensive schools
 - c. Students caught vaping – what is the process? Tobacco Awareness and Prevention Policy Review. Refer to Thriving Schools Integrated Assessment Results and determine if a revision is needed.
 - d. Create and organize materials regarding healthy fundraiser ideas for schools. The site administration has been requesting a list of recommendations regarding fundraising and foods allowed to be sold during the school day. This is currently in the works, and it would be ideal to review and identify recommendations as a team. All of our departments and schools fundraise – What is OKAY? We know what is NOT.
7. Advanced Planning
 - a. Meeting #3: February 15, 2023, | 4:30 pm – 6:00 pm. | ZOOM
 - b. Meeting #4: March 29, 2023, | 4:30 pm – 6:00 pm. | ZOOM
8. Adjournment 6:07 pm

POSTED: November 4, 2022

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EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION EMPLOYER DRUG-FREE WORKPLACE EMPLOYER