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Wellness Advocacy Council Agenda and Minutes 2020-2021

<https://bit.ly/32lsRq7>

Wellness Advocacy Council Meeting Dates

September 15, 2020, 3:30 PM	Zoom Link
November 17, 2020, 3:30 PM	Zoom Link
January 19, 2021, 3:30 PM	Zoom Link
March 16, 2021, 3:30 PM	Zoom Link

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Members

Andrea Lopez, Benefits, FSD
Ann Scott, Fisler School
Anne Stenton, Beechwood
Anthony Abney, Maple School
Barry Ross, St. Jude Medical Center
Chris Davis, Acacia School
Debbie Stout, Fullerton Collaborative
Georgina Mojica, Raymond School
Hannah Lim, Beechwood School
Helene Morris, Child Welfare & Attendance
Isabella Wasaznik, Valencia Park School
Isac Ahn, FSD School Psychologist
Jessie Jones, Ph.D., CSUF
Janis Price, Instructional Services, OCDE
John Konrad, Sunset Lane/Pacific Drive
Kate Paul, Beechwood School
Kurt Koerth, Beechwood School
Kyle Myers, Visual and Performing Arts
Laura Romero, Valencia Park School
Laura McIntosh, Fisler School
Laurie Bruneau, Risk Management
Martha Flores, State Preschool
Mee Cha, United Way OC

Michael Burns, Nutrition Services
Michael Martinez, Maple School
Michael Shaffer, Richman & Rolling Hills
Mitchell Tao, Laguna Road School
Nancy Wikes, Nutrition Consultant
Nicole Tsou, FSD School Psychologist
Nicole Wenthur, Fern Drive/Golden Hill
Nivie Jhawar, PTA
Pam Keller, Orangethorpe School
Parisa Mohammad, Nutrition Services
Peter Hernandez, Move More, Eat Healthy
Phoebe Copp, Dairy Council of California
Rachel McCormick, Nicolas Jr. High
Robin Gilligan, Student Support Services
Robin Mundschau, Parks Jr. High
Ruth Gaer, Richman
Sergio Contreras, United Way
Susan Cravello, Nurse
Tracy Bryars, St. Joseph Health System
Trang Lai, Educational Services
Yahaira Ortiz, United Way OC
Zach Bautista, Hermosa School

Agenda & Minutes

September 15, 2020 3:30PM Zoom		
Who	Topic	Notes
Trang Lai	Welcome & Introductions	Trang L, Pam K, Judith M, Darren D., Mee C, Parisa M, Nancy W, Tracy B., Michael S, Laura M., Celeste R., Peter H., Brenda O., Michael M., Georgina M., Mitchell T., Michael B., Ann S., Janis P., Susan C, Maggie, John K., Robin M. Erika I., Ruth G., Rachel M., Pamela L., Isabella W.
Celeste Reynoso	Staff Wellness Survey	https://docs.google.com/document/d/1s77Jwz6weDq-NxIKcZrxASr64IVVqQBJo-woo2HBGSQ/edit What areas of support do school staff members want in the future? What professional development opportunities will we need to develop for staff?(Funding from OCDE) Add a question re: More information regarding Covid (being exposed/sick etc)- Perhaps someone can come up with a good question. Get advice from HR Dept. Add a question in regards to support of "COVID LBS"...weight management, healthy eating etc.
Michael Burns	Nutrition Services Update	Serving lunch curbside 16 curbsites (everyone but Beechwood) 11-1 Free to children 18 and under. Breakfast and Lunch. Title I schools get supper and snacks as well. Until Oct 13th. https://fullertonnutrition.org/ Family ID card/student ID Oct 13th- cafeterias will open for breakfast

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		and lunch. (Some schools may have lunches delivered to classrooms.) Junior Highs may serve in stations. All meals free until Dec 31st or when funds run out. Supper and snacks served after school. DL students will have 1-3 sites curbside pick up. May do a "marketbasket" type where Monday they pick up the whole week of food. Thurs (TH/F meals) Fri (S/S Meals) Calendar was created and sent to schools. "We Love Our School Lunch Hero" Contest. Can be a photo, a letter, a song a video etc. eatsmart2besmart.org Winner (submitter) gets \$500 and the hero gets \$500! Due Oct 2nd. https://www.eatsmart2besmart.org/
Tracy Bryars	Fall into Fitness Campaign	COVID LBS is a thing!!! Physical activity has dropped 50%! FSD/ Move More Eat healthy/ Fullerton Collaborative, hosting campaign. Free Classes- Zumba, Pound Fitness, Yoga, Stretching. (Adults) Youth(K-8) - Kids' Fitness Challenge- Three Prizes (\$100, \$75, \$50 gift card to Target) -There is a flyer. Three Steps to participate. Deadline Sept 30th movemoreeathealthy@gmail.com https://www.movemoreeathealthy.org/
Celeste Reynoso	Trauma Informed Practices for Teachers (Sept 28) Integrating SEL into Distance Learning (Sept 17) Mental health with a Continuum of Support (Sept. 28)	https://drive.google.com/file/d/1ECbtDkLQdRjvGEGpwy-oz_hHtdUsClwq/view?usp=sharing
Trang Lai	Playful Relaxation Techniques	Through the Arts. They will send playdough to staff for free. More coming in Oct and Nov Theater will be one of the upcoming possibilities.

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Members	Healthy Schools Recognition	We will not be applying for the awards this year. We will focus on the wellness of our staff , students and families.

November 17, 2020 3:30PM Zoom		
Who	Topic	Notes
Trang Lai	Welcome & Introductions	
Andrea Lopez	SISC & Vida Free Wellness App	Shared information about wellness app; available free for those in the Blue Shield benefits plan; stress management; weight loss; clinician available; on phone; fitness tracker can be synced to this app; Kaiser has a different program under Health and Wellness - it's done through laptop - not available as an smartphone app Employee Assistance Program (EAP) is available to all employees - regardless if employee has insurance or not; free information Kaiser and Blue Shield members are eligible for Gym Membership discounts (\$25 a month and members have access to several gyms in their area)
Kathy Young/ Audra Vomsteeg	Kids Heart Challenge American Heart Association	Some of our schools are participating in the Kids Heart Challenge (elementary) Virtual PE Lessons Hybrid PE Lessons Mindfulness and yoga videos SEL Posters American Heart Challenge (middle and high school) Vaping Get moving

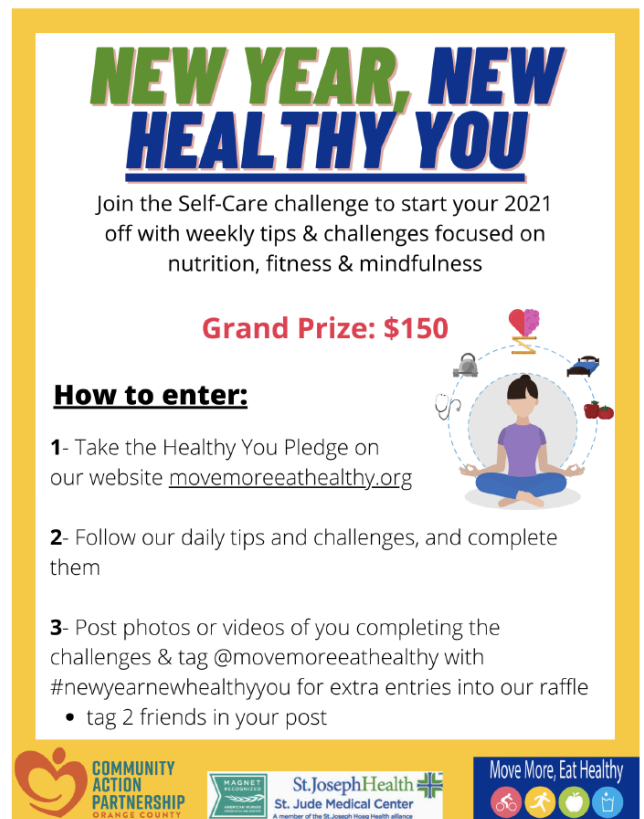
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		Helping others Monthly Newsletters Nutrition information Physical activities Grant opportunity for wellness (\$3500)  Audra VomSteeg Audra.vomsteeg@heart.org 707-280-3263
Kyle Myers	Staff Wellness Classes Mindfulness Class Flyer Playful Relaxation Techniques with Terry Orr	
Celeste Reynoso	Parent Education Collaboration cerynos@ocde.us	Kid Healthy: Parent/Child Cooking Classes
Celeste Reynoso	Distance Learning from Dairy Council	Maria Frye: MFrye@HealthyEating.org PPetersen@HealthyEating.org Health Education Curriculum by Grade: Slidedecks
Celeste Reynoso	Harvest of the Month Update	Harvest of the Month curriculum January - August; will be coming out in January; offering distance learning due to COVID; no food being distributed
Michael Burns	Meal Service Update	Board Award for outstanding work was given to Nutrition Services. Our staff endured extreme heat, ripping winds, cold weather and rain. Also, our staff endured many changes that have been stressful. Five curbside sites are serving breakfast, lunch, supper and snacks. This allows distance learner families and community children 18 and under to pick up meals. Supper and snacks are being served at multiple sites as the students leave school.

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		Normally, supper is served to only the after school programs. Yesterday, I received a great picture from Kristen Holme with a student who was eating the largest cheeto puff received with a supper meal. A \$45,000 donation from GENYOUth was given to NS to feed the students of fullerton. The donations purchased thermal bags, hot and cold carts, and an overwrap machine so we could package serve scratch made foods. Fruit baskets will be given to schools at the start of the new year. These baskets were generously donated by St Jude Medical Clinic. A thank you card will accompany the baskets. School supply kits were distributed to students who submitted an application. In the kits were markers, crayons, erasers, colored pencils and other supplies.

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January 19, 2021 3:30PM Zoom		
Who	Topic	Notes
Kyle Myers	Welcome & Introductions	
Nancy Wikes	HOTM Lessons	Harvest of the Month- 8 lessons (Jan-Aug) 4-6th. Kyle will be able to get to the grade level teachers.
Teresa Bryars	"New Year, New Healthy You" Challenge	 NEW YEAR, NEW HEALTHY YOU Join the Self-Care challenge to start your 2021 off with weekly tips & challenges focused on nutrition, fitness & mindfulness Grand Prize: \$150 How to enter: 1- Take the Healthy You Pledge on our website movemoreeathealthy.org 2- Follow our daily tips and challenges, and complete them 3- Post photos or videos of you completing the challenges & tag @movemoreeathealthy with #newyearnewhealthy you for extra entries into our raffle • tag 2 friends in your post Logos: COMMUNITY ACTION PARTNERSHIP GRANGE COUNTY, MAGNET HOSPITAL, St. Joseph Health St. Jude Medical Center, Move More, Eat Healthy

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		 Kyle will send out again.
Susan Cravello/Teresa Bryars	COVID Vaccine	Fullerton SD Nurses received vaccines. Dr. Mathews at St. Jude's is hosting a zoom at 6:30 this evening for any questions. Allyson Reeds - if you volunteer, at OneOC website, you can get a vaccine for free. Need volunteers at DL. Please visit www.oneoc.org Diaper Drive at Pacific Drive on Thursday 1/21/21.
Nutrition Services	Updates	Serving at 16 sites. Curbside pick up MTThF. 1500 lunches per day being served. Tracy will send out a flyer to help promote free lunches. Nutrition Services free lunch flyer: https://fullertonnutrition.org/
Dairy Council of CA	Update	Dairy Council of CA to Everyone (3:55 PM) Quick update: Dairy Council of California updated our online nutrition education resources with more resources for teachers and students. https://www.healthyeating.org/products-and-activities/curriculum/online-learning

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March 16, 2021 3:30PM Zoom		
Who	Topic	Notes
Kyle Myers	Welcome & Introductions	
Nancy Wikes	Nutrition Services Updates	Videos made to accompany food boxes: https://drive.google.com/file/d/1-qQZY84BfZhih8AtCkgRJT5Kj3m6DSxw/view?ts=60511948 https://m.youtube.com/watch?v=58OEUWLLDjQ&feature=youtu.be#dialog National Nutrition Month. Weekend meals- Meal kits being handed out. Spring break boxes for 9 days. 3200 boxes to be distributed 3/17. Numbers are going up for participation. Thinking of using district warehouse for distribution.
Peter Hernadez	Move More Eat Healthy	New Year-focusing on health and wellness. Focusing on Mental health and self care. Offering a self care challenge to the community. Challenge ends on March 31, 2021. Developed a month calendar to help with the challenge. Offering Live virtual classes. February had very good participation.
Tracy Bryers	St. Jude Healthy Communities online survey	Thank you in advance for your support and distribution of the links (English, Spanish & Korean) to this survey! Below are the three-survey links. Tracy English: http://fullerton.qualtrics.com/jfe/form/SV_5huMXCYLjYDEJct Online Survey Software Qualtrics Survey Solutions Qualtrics makes sophisticated research simple and empowers users to capture customer, product, brand & employee experience insights in one place. fullerton.qualtrics.com Spanish:

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		http://fullerton.qualtrics.com/jfe/form/SV_0kpe13Sw4GaK7oG Online Survey Software Qualtrics Survey Solutions Qualtrics makes sophisticated research simple and empowers users to capture customer, product, brand & employee experience insights in one place. fullerton.qualtrics.com Korean: http://fullerton.qualtrics.com/jfe/form/SV_9QWtPA3HLV9V6gC Thank you in advance for your support and distribution of the links (English, Spanish & Korean) to this survey! Below are the three-survey links. Tracy English: http://fullerton.qualtrics.com/jfe/form/SV_5huMXCYLjYDE
Michael Burns	CA LSMP CollaborativeWinning at Wellness Webinar	Meeting every other month on the 3rd Tuesday of the month.
Celeste Reynoso	OCDE	Vaccination Education resources Harvest of the Month resources All available on OCDE website Vaccine Education: https://ocde.us/EducationalServices/StudentAchievementAndWellness/Health/VaccinationEducation/Pages/default.aspx Harvest of the Month: https://ocde.us/EducationalServices/StudentAchievementAndWellness/Pages/Harvest-of-the-Month.aspx

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		Orange County Department of Education Educational Services Division Tobacco-Use Prevention Education Program Earth Aware, Self-Care A Virtual Wellness Event for Middle and High School Students Find your outlet Mindfulness Physical Fitness Art Music April 22, 2021 2:00 p.m. - 3:30 p.m. Hands-on activities to help middle and high school students de-stress and live healthy and tobacco-free. Register for FREE by April 9, 2021 at: bit.ly/tupewellness21 The first 300 participants to register will receive t-shirts and goodie bags Contact: For questions or accommodations, please contact Veronica Porras, Administrative Assistant III, 714-966-4358 or vporras@ocde.us Supports: CA MTSS Domain & Feature: Social-Emotional - Integrated Educational Framework LCAP Bucket & Priority: Engagement - Pupil Achievement, Other Pupil Outcomes, & Pupil Engagement LCP: Mental Health and Social & Emotional Well-Being 435803042021
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