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Wellness Advocacy Council Agenda and Minutes 2021-2022

<http://bit.ly/FSDWAC2122>

Wellness Advocacy Council Meeting Dates

September 14, 2021, 3:30 PM	Zoom Link
November 16, 2021, 3:30 PM	Zoom Link
January 18, 2022, 3:30 PM	Zoom Link
March 15, 2022, 3:30 PM	Zoom Link

[Wellness Advocacy Council Agenda and Minutes 2020-2021](#)

Members

Andrea Lopez, Benefits, FSD
Ann Scott, Fisler School
Anna Luciano, OC Health Care Agency
Anne Stenton, Beechwood
Anthony Abney, Maple School
Barry Ross, St. Jude Medical Center
Carlos Mota, Fern Drive School
Cathy Carly, Fullerton Council PTA
Cherie Hayes, FSD School Psychologist
Chris Davis, Acacia School
Claudia Chavez, Valencia Park School
Debbie Stout, Fullerton Collaborative
Gina Osborne, OC Health Care Agency
Hannah Lim, Beechwood School
Helene Morris, Child Welfare & Attendance
Isabella Wasaznik, Valencia Park School
Isac Ahn, FSD School Psychologist
Janis Price, Instructional Services, OCDE
Jessie Jones, Ph.D., CSUF
John Konrad, Sunset Lane/Pacific Drive
Juleen Faur, Rolling Hills School
Karen Nelson, Golden Hill School
Kurt Koerth, Beechwood School
Laura McIntosh, Fisler School
Laurie Bruneau, Risk Management
Maridet Ibanez, OC Health Care Agency

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 Wenthur, Fern Drive/Golden Hill
Pam Keller, Orangethorpe School
Peter Hernandez, Move More, Eat Healthy
Phil Ling, Educational Services
Phoebe Copp, Dairy Council of California
Robin Gilligan, Student Support Services
Rossana Fonseca, SEL
Ruth Gaer, Richman
Ruthi Hanchett, Fullerton Council PTA
Samantha Atanacio, Commonwealth School
Sergio Contreras, United Way
Shana Barati, OC Health Care Agency
Susan Cravello, Nurse
Tepmora Wise, Ladera Vista Jr. High School
Tracy Bryars, St. Joseph Health System
Trang Lai, Educational Services
Victor Trejo, Nutrition Services
Yahaira Ortiz, United Way OC
Zach Bautista, Hermosa School

Agenda & Minutes

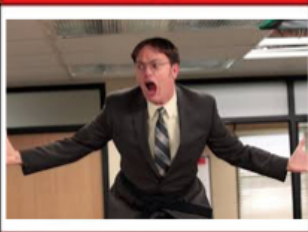
September 14, 2021 3:30 PM Zoom		
Who	Topic	Notes
Trang Lai	Welcome & Introductions	
Audra Milliken	Calming Room	Theme: Going on a road trip Whole library Quick 2 minute
Audra Milliken	Partnering with American Heart Association Audra.Milliken@heart.org	-Not just jump rope for heart... introduced year round resources including SEL "Going on a Road Trip" -2 challenges: Be Active; Be Kind -6 characters -Transformed into a Google doc kick off assembly. Kindness challenge and wellness challenge *2-4 weeks of interactive learning* -SEL posters (English and Spanish) "15 ways..." STEM Career Pathing Lessons and videos Monthly newsletters to keep heart messaging all year long <u>National Recognitions for a heart-healthy school</u> -Nation of Heartsavers -Heart of Gold
Trang Lai	Theme for 2021-2022: Get back on track with health and wellness to realize our full potential Or Be Kind. Be Active. Be Well.	BE KIND. BE ACTIVE. BE WELL! Rossana Laura SJMC Move More Eat Healthy

Trang Lai	Proposed Goals for 2021-2022 1. Complete Healthy School Recognition Self-Assessment 2. Revise Wellness Policy 3. Connect SEL and Physical Fitness	Healthy schools recognition for all sites. Think about all three goals and come back ready to discuss in our next meeting. SEL - Second step curriculum Rossana_Fonseca@myfsd.org for access to the Second Step curriculum
Michael Burns	Nutrition Services Updates	3 goals Increase lunch participation Increase consumption of fruits and veggies Increase parent participation Schools artwork- "Pivoting together" with fruits and veggies
Members	Sharing	Peter: MMEH is providing directing instruction and commitment competition; Peter will attach the form in chat to get
Members	What would you like for WAC to provide information on this year?	Resources for Families Reaching out to families for better nutrition Nutritional info on school lunches, breakfast and supper that is served How is PE going for students? Will the district conduct PFT this year? Yes on PFT
Next Meeting	11/16/2021	

November 16, 2021 3:30 PM Zoom		
Who	Topic	Notes
Trang	Welcome/Check-In	What zone are you in?
Rossana	2021-2022 Theme : Be kind. Be active. Be well.	Wellness Jamboard Email Trang for wellness committee planning
Rossana	Mental Health Update	Students-Proactive with SE skills (self regulation, self manage)

		Second Step Curriculum (tier 1 intervention) Prek-8 grade *Every school has a Mental Health Assoc.
Michael B.	Nutrition Services Update Blast Chiller	Blast Chiller Video. Distribution of meal boxes 6500 for all 20 schools 1 week of supper and 1 week of breakfast Something similar for winter break Master chef competition (8 teams of 4) Menu for restaurant 3 to 4 day “excursion” Back to scratch cooking Next is pinto and black beans
Mike S.	Physical Activity Update	Back to normal PE District wide hockey tournament for elementary Jr high is to add hockey Testing is back on this year in February UNICEF-kid power helps worldwide health and food another fun kid virtual activity is with DJ Raphi - a lot of dance based activities - very fun on you tube (check out follow the leader)
Tracy B.	MMEH Update	“Fall into fitness” ends Nov 30 Jan-start of 3 month campaign
Break Out	Wellness Policy Triennial Assessment	FSD Wellness Policy 2019 FSD Wellness Administrative Regulations 2020 Alliance for a Healthier Generation Model Wellness Policy Model Wellness Comparison Template
Trang	Staff Wellness	Playful Relaxation Techniques Flyer Mindfulness and Social Connection Flyer
Members	Sharing	
Members	SEL & Physical Fitness	*obstacle course to help regulate students SEL upright pushups, bear crawls, sliding, etc

What Zone Are You In?

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

January 18, 2022

3:30 PM

[Zoom](#)

Who	Topic	Notes
Trang	Welcome and Check-In	Members present: Trang Lai, Rossana Fonseca, Ruth Gaer, Ruthi Hanchett, Nancy Wikes, Susan Cravello, Celeste Reynoso, Gina Osborne, John Konrad, Michael Burns, Patricia Stabile, Karen Nelson, Claudia Chavez, Michael Shaffer, Victor Trejo, Tracy Bryars, Tempora Wise, Pedro Hernandez, Samanta Atanacio, Pam Keller, Laura MacIntosh, Chris Davis, Nicole Wenthur
Rossana	Mental Health/SEL Update	-Continue to have Mental health associates at school sites. -Professional Development for staff on SEL cultivating adult self-care -Looking to expand restorative practice and trauma based trainings Jan 25 Staff wellness in person... moving to Zoom
Michael B.	Nutrition Services Update	-Weekend meals coming to schools -Scratch cooking coming back...BEANS!!!! -More meal box distribution for Spring break -MAPLE: master Chef week long competition Filming crew

Mike S.	Physical Activity Update	-More intentional SEL integration in PE -Intentional integration of Diversity, Equity, Inclusion -Street Hockey: curriculum, sticks, balls, goalies Tournament: March 5, -Fitness Testing...starting in Feb.
Tracy B./ Peter H.	MMEH Update Movemoreeathealthy.com	Fall into fitness challenge Nov 3636 individuals involved 1146 set personal goals about Fitness New CHALLENGE: Starting January 1-Mar 31 Above and beyond move more and eat healthy -Integrating mental health and mindfulness opportunities -Friendly competition with FSD Schools Most schools participants = \$200 gift card Four Goals: 1. Focus on my plate: Make ½ your plate fruits, vegetables, whole grains 2. Focus on Mental health and mindfulness 3. More water less sugary drinks 4. Get more Physical Activity https://www.youtube.com/watch?v=s3YWVGdrzCM&t=1s
Trang	Wellness Policy Update Wellness Policy BP Draft Wellness Policy AR Draft	
Tracy B.	Student Health Indicators	With body composition no longer part of Physical Fitness Testing, what would be an alternate indicator for wellness? Nicole Wenthur: No healthy fitness zones is being removed this year Providing only raw numbers this year to the state Laura McIntosh: Each individual creates their own chart; they chart their own progress over the year; can simplify for younger students What's better pacer? Mile run? Will research and come back in March to this question Rossana would like to work with PE team on SEL indicators for PE BrainPop has many resources on sportsmanship
Members	Sharing	Celeste Reynoso, OCDE: Harvest of the Month Launched yesterday: nutritional literacy Incorporates DEI, SEL into lessons

		Comes with slides Lessons have corresponding worksheets For K-6 https://ocde.us/EducationalServices/StudentAchievementAndWellness/Pages/Harvest-of-the-Month.aspx Wellness Theme -table for next year; schools are having to deal with a lot right now -SEL team will be taking charge of kindness theme
Next Meeting	March 15, 2022	

March 15, 2022 3:30 PM Zoom		
Who	Topic	Notes
Trang	Welcome and Check-In	Meeting began 3:33 In attendance: 1. Claudia Chavez 2. Victor Trejo 3. Michael Burns 4. John Konrad 5. Patricia Stabile 6. Susan Cravello 7. Karen Nelson 8. Phoebe 9. Rossana Fonseca 10. Trang Lai 11. Nancy Wilke 12. Carlos Mota 13. Celeste Reynoso 14. Cherie Hayes 15. Michael Martinez 16. Michael Shaffer 17. Pedro Hernandez 18. Ruthi Hanchett 19. Tepmora Wise 20. Tracy Bryars 21. Chris Davis

Trang	Wellness Policy Update Wellness Policy BP Draft Wellness Policy AR Draft Adds/Deletes	Reviewed and discussed the revisions on the Wellness Policy. The Wellness Council section, Recordkeeping, Annual Reports, Triennial Assessment, Social and Psychological Health (new section-used verbiage from the Alliance for a Healthier Generation), Nutrition Goals, School Meals, (Question regarding minimally processed foods) Ruthi Hanchet shared the need for minimally processed foods. Michael Burns discussed challenges with a \$3 reimbursement rate but will continue to work towards less processed foods. Michael Shaffer questioned food instability and where it belongs on the wellness policy. Trang to share the latest infographic of the wellness model. Speak to Celeste Reynoso from OCDE to add the social/emotional component. Staff Wellness and Health Promotion: removed “should” from the revised statement. Consensus is that this statement Promotions to join the gym, not using food as a reward and not withholding PA for any reason. Review AR5030: Need student involvement - Jr. High or ASB 4-6th grade Section II - Implementation needs spacing to be adjusted. The Social Psychological section includes new verbiage. Counseling, Psychological and Social Services -Training to teachers regarding trauma informed practices. OCDE has some great resources. Celeste offered training/speakers on the topic. Children are expressing grief or loss. Mental Health: appropriate student to professional ratios and what this means. Can it be increased? Cherie Hayes stated that support has expanded over the last few years. Rossana shared that we need to hear from our stakeholders. Trang shared that we now have more health clerks and more counselors. Crisis plan as well School Meals: Similar to board policy Add CalFresh application as well, Celeste added verbiage to the idea board. Patty Stabile questions if Nutrition Ed has to include common core state standards as well. Community Health and Engagement-no changes Period supplies - access for elementary and junior high students and appropriate for students
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Rossana	Mental Health/SEL Update	
Michael B.	Nutrition Services Update	
Mike S.	Physical Activity Update	
Peter H.	Student Health Indicators	
Tracy B./ Peter H.	MMEH Update Movemoreeathealthy.com	
Next Meeting	Fall 2022	