

**11/29/2018**

***CUSD Wellness Committee Meeting***

**Notes:**

- Community Happenings:
  - Live Well! Schools Work Group (South region)
    - Contact: Heather Berkoben (Dairy Council of California)
    - Helping the whole person
    - Different groups attend to talk about what's happening in the community
  - Childhood Obesity Initiative (COI)
    - Meeting on the 3<sup>rd</sup> Tuesday of the month
    - Committee made up of public health nurses, health educators, etc.
    - Have an early childhood domain, after school domain
      - Certain focuses
    - Lots of resources on their website
  - Future Chefs Competition and Sodexo (from Sharp Coronado)
    - CUSD students to compete at each school site to have their recipe on the school menu
    - Possible high-profile judges
    - Competition to take place sometime in the Spring
  - Cooking classes for seniors before end of school year
    - Help from Sodexo and Sharp Coronado
      - Teach them healthy things to eat when they go off to college
      - How to cook on a budget
        - Using the same ingredients for multiple meals
- School Site Wellness
  - Village:
    - Clubs:
      - Tennis, Running, Soccer, Yoga
  - Strand:
    - Jump Rope 4 Heart
    - Apex Fun Run: just finished in September
    - Clubs:
      - Running, Golf, Tennis
  - CHS:
    - Zen Den for meditation
    - Feel Connected Events with Bingo and pizza
      - To get newer students and others involved and meeting new people
- Updates to Wellness Policy:
  - Add language about staff wellness

- Add language about mental health for student wellness
- Increased site awareness of wellness policy
  - Starting school year 2019/20: put wellness policy in registration packets
  - Send out summary of wellness policy to site principals, teachers, and parents after winter break as a reminder
  - Update wellness webpage to include more ideas for non-food birthday celebrations
- Goal for sy 2018/19
  - Decreases recreational screen time and awareness across the district
    - Send info to parents upon return from winter break
    - Educating parents on the research surrounding detrimental developmental and physiological effects of screen time
    - Monthly newsletters to highlight different aspects of decreasing screen time
      - Improved focus
      - Better communication skills
      - Better quality sleep
      - Decreased myopia rates among children
        - Caused by too much up-close screen time (i.e. mobile devices) and not enough sun light
        - Objects appear clear close up but blurry far away
          - No cure but progression can be slowed
      - Setting on mobile devices and computers to decrease the amount the sleep disrupting blue light
    - Use 5-2-1-0 model from COI
      - Less than 2 hours of recreational screen time per day
      - Incorporate with P.E.
    - Send out monthly newsletters
    - Screen Free Week April 29-May 3, 2019
      - Engage the kids
      - Create a montage to see how it “used to be” with phones and technology
        - Recruit high schoolers?
      - Homework for screen free week
        - Can use a sleep cycle app
        - See how your sleep is before “screen free week” and during
          - Does sleep improve?
      - Possible “special menu” in cafeteria
      -
- Community Wellness Day
  - Focusing on all aspects of “Being Well”
    - Mentally, physically, emotionally
  - Leverage the free programs offered to school districts

- Have booths with different vendors, community members, etc.
    - Sodexo and Sharp Hospital
    - Heart screenings
    - Cow from the Dairy Council of California
    - Master Gardeners and ways to grow food
      - Where does it come from?
    - SAFE Coronado
- 

### **Key Learning/Takeaways**

- **Will be revising Wellness Policy to include language about staff wellness and student mental health**
  - **Increase awareness of Wellness Policy among students, parents, staff**
  - **Big Marketing Piece as '5-2-1-0'**
  - **Community Wellness Day in the spring using free resources**
  - **Last Thursday of January, March and May for upcoming wellness committee meetings**
- 

### **Action Items:**

- Agreement to change wellness policy to include student and staff wellness.
- Send out monthly newsletters highlighting different ways of decreasing screen time
- Increase awareness of current Wellness Policy to students, staff, parents
  - Send information upon return from winter break
  - Update Wellness webpage to include more non-food birthday or fundraising ideas
- Increase community partners to support wellness in our community