

2/20/2020

CUSD Wellness Committee Meeting

Notes:

- Attendance: 10 people

- Community Happenings:
 - VEBA:
 - Events – every other Saturday is a Health Reboot. Members and non-members of VEBA, so all employees, are welcome to attend the reboot. It’s a 6-hour day, and she will send all of the 2020 dates in the fliers. No cost.
 - A group did a custom event at the Center.
 - There are standing classes you can get involved in, which are ongoing, and you can schedule to match your schedule.
 - Nicole: no upcoming events, but this morning there was a vaping forum for the south region. They are really trying to educate people on the dangers of vaping and the epidemic for youth. For more information, Nicole could connect someone with the right team members.
 - A parent has expressed that vaping at Coronado USD is a big issue (the statistics are huge) because children don’t think it’s a big deal, and children are partaking in the bathrooms on campus. When asked why students partake in vaping, the answer was “to relieve stress”. Donny is interested in having a presentation for the student body.
 - Every 15 seconds: Happens during two school days in April. That is discussing drinking and driving.
 - Red Ribbon Week
 - Drug Story – Takes you through kids at school where a kid swipes a drug off the table and they arrest the kid and they put them in an orange jumpsuit and holds an arraignment. It ends with the kid being rushed into the ER and the kid dies.
 - Keith Hawkins – speaks to mental wellness.
 - Rockey Herron – Former DEA agent who gives talks to the high school

- Updates to Wellness Policy:
 - Last year the Wellness Policy was not easily accessible to parents, and so we included it in the registration, which helped.
 - The results of the Wellness Policy Assessment:
 - Our district score in total comprehensiveness: 58 (we are above average, but there is room for improvement)
 - Total strength Score: 48 (we are above average, but there is room improvement)
 - Items are marked on a scale of 0 – 3 in terms of strength. Weaker statements receive lower numbers.

- For the rest of the school year, our goal is to make this policy better – to select some items on the policy, that we can make stronger or add to it.
 - Look at items that receive a “0”.
 - Items to consider changing which are simple are areas we are already doing:
 - Section PEPA4 (physical education is a big one, so we can go back in and add the specifics)
 - Charity will send out site-specific scorecards to see if items are being addressed.
 - Perhaps we could contact a few teachers to see if any students are interested in attending the Wellness meetings so that we can be aware of issues students face at specific school sites.
 - Perhaps we can add the Wellness minutes and notes to each school site’s websites.
 - Provide a list of clubs and sports that a student can join online, to see what is being offered for physical activity during and after school.
 - The assessment we did has to be tri-annual.
 - We can bring a draft of what we can do to the next meeting.
- Goals for SY 2019/20:
 - Work on the Wellness Policy
 - Provide a Vaping Presentation for the student body
 - Make a parent-school partnership through community events

Key Learning/Takeaways:

- Continue to revise Wellness Policy
- Providing education for community issues such as vaping, drunk driving, and drugs is necessary for students and the community

Action Items:

- Provide a Vaping Presentation for the student body
- Provide a Every 15 seconds Presentation in April for the student body
- Provide a Drug Story Presentation