Whole School, Community, and Child (WSCC) Committee
12/15/2022 Meeting Minutes (Adopted)

In attendance: – Scott Kazer, Marty Heeb, Jack wood, Lisa Vorce, Sonia Fernandez Arana, Eddy Sanchez, Heriberto Soto, Liliana Magana, Karen Bauman, Sal Sanneh, Shiva Ghasemi, Carol young

Meeting Facilitated by Scott Kazer, Program Specialist – TUPE

Health Education Council (HEC) Update provided by Jack, Sonia, and Sal

As we all have been reading regarding the triple epidemic of cold, flu, and RSV that Lily was referring to. Keeping in mind, RSV comes around every year; it is just more potent this year than in the last years. It also affects adults. We have admitted patients to the hospital with RSV. Sometimes we have patients with RSV in combination with documented flu. Rare are the patients with compromised systems of all three - covid, flu, and RSV. RSV in children is backing up the ERs because were filling up the pediatric wards and also pediatric ICUs. The patients will simply sit in the emergency department until they are well enough to go home, which may be days or until a bed opens up someplace in the region. It is definitely a hit. Of course, we have been reading about how intense the flu is this year than in the past years.

A couple of words about fentanyl and Narcan: Narcan has been around forever. I (Jack) remember using it in my training in the 80s. It is just an absolute wonder drug as far as reversing narcotic-induced respiratory depression, but it wears off in about 20 minutes. Some of you have seen videos of officers being affected by this. They are just inhaling when they get on the scene. They've got gloves on to protect them, but they are going through drug paraphernalia, they inhale it, and within seconds, they are out, and they collapse, and they stop breathing. Fortunately, the other officers are on the scene and are able to Narcan them. The most recent one was a female officer who needed two doses of Narcan because she began to go down again after they resuscitated her before paramedics arrived and assumed her care. So, fentanyl is extremely potent. Medicinal fentanyl is used all the time for medical procedures. Paramedics carry fentanyl for pain control or for patients with certain conditions. Its been around many, many moons. It is the fentanyl in the streets that is extremely more potent and in oral form and is being laced with other drugs. It is an extremely dangerous drug. There is a newer form of Narcan on the market that is long-lasting that can last for hours. Sometimes, in certain situations, it is being formulated to last for weeks to medicate patients so that they don't have recurring episodes of shooting up and going down for their repository depression. So, some new formulations of Narcan are coming out as well. I think we all have been reading that the leading cause of death in ages 18-49 years old is now drug overdose, surpassing trauma as the most common etiology for, basically, sudden death. It is a real issue, and I am hoping we get our arms around it before too many more people die.

The Dairy Council has been working on collaborations with Lisa's department and Heriberto's team with family engagement. I (Sonia) believe this is our third year in partnership, so, some exciting events and lots of opportunities for us to do outreach, education, and bring great information to families and expand those opportunities to make those connections around nutrition, how to build those habits, and how to build those habits for their families and themselves. Heriberto did a good job at reporting back, as did Lisa. The Dairy Council is supporting the wonderful work and team here at Twin Rivers.

In the last WSCC meeting, I (Sal) talked about the programs that we were implementing, Team Nutrition and Harvest of the month. We started both in October. Team Nutrition is done for the semester, but we are picking it back up next semester. Team Nutrition spent the last semester talking with 1st – 3rd graders. That was a success. For Harvest of the Month, we are in December. The vegetable of the month is sweet
potatoes. Every month, I update PowerPoint slides regarding fun facts about the fruit or vegetable for Harvest of the Month and send them over to Lisa for her to send to the participating students. So far, it has been a hit. Also, regarding direct education numbers for the school year, we are about halfway through our goal. The same goes for indirect education. Keeping it short and sweet, we are doing very well with that and teaching students about healthy eating and healthy living.

**TUPE** Update provided by Scott and Eddy

Eddy Sanchez has joined TUPE. Eddy comes from FACE, where he worked with Heriberto. He comes with a vast knowledge of working with families. He will be working alongside me and focusing on intervention, prevention, and succession efforts. He is learning everything right now but will be ready to go out to the sites in January after winter break.

Since we last met in September, we have put much more effort into preventing fentanyl. There have been a lot more seizures, a lot of contraband, and paraphernalia. We had a couple of instances where students had to receive Narcan in our district. We heard from some students that a student had half a pill of fentanyl in their pocket. It could have been that mixed with other things. It has not been confirmed yet. Regardless, we were proactive and got fentanyl prevention awareness presentations at the school site for middle school and high school. Foothill high school and Foothill Ranch Middle school each received a parent night and a student presentation. A district-wide presentation was offered remotely to the entire district. We had about 40-50 parents in attendance. We probably will have another one in January or February. We are scheduling a lot more presentations to happen at middle schools and high schools after winter break. We want to bring attention to how the world is, what is happening in our communities, and how fatal fentanyl can be.

We had Red Ribbon Week in October. There was a lot of attention on that. We had a lot of student and staff participation as well.

We are in the California Healthy Kids Survey and the School Climate Survey for the staff. They are to be completed at the end of December.

Other than that, we are working on sustaining prevention programs.

TUPE employees will be trained and cleared to administer Narcan by a school nurse.

**Nutrition Services Update** provided by Lisa Vorce

TUPE is doing really good work. We really appreciate what you all are doing. Tobacco education prevention has really taken on a whole new meaning. Before, it used to be that you really didn't want to develop bad habits. Now, it is life-changing and saves lives. Thank you for taking those extra steps.

With Nutrition services, and for an update, I was looking at the minutes from the last meeting and reviewing the update that Leslie Pring, our director, had left.

Leslie shared trends and how we've increases participation in our meal plans, in breakfast and in lunch. I wanted to share that we are still on target and increasing by those percentage points every month. More
kids are participating in our programs. It is exciting and reassuring to know that our students are getting the nutrition they need to thrive in school.

We are also taking on the challenge that the state has provided extra funding for nutrition services for school meals. If we take on the challenge to increase our school meals of freshly prepared items, we are setting ourselves and our department to succeed by hiring a new chef. Brae will be taking on that role in helping us with those recipes, helping us develop new freshly prepared menu items, and training our staff. We are really excited to meet him and to have this extra support in offering quality, healthy food.

We also want to share that our Nutrition education program, which decreased a little bit due to covid, is back on trend to expanding again. Our teachers are enthusiastic about nutrition education, looking for resources for nutrition education, and taking advantage of the things we could offer through our partnership with the Health Education Counsel. We just finished a nursing student cohort. We call it Team Nutrition. They just completed their semester. They go into 1st, 2nd, and 3rd-grade classrooms and provide nutrition education. That was really great. They were a great support. Not only that, we were benefiting through healthy role-modeling and showing kids what it can be like to go to college. We just finished that one and will ramp up at the end of January with another cohort of students. We have our regular nutrition education programs that are continuing, like Harvest of the Month.

As far as Wellness policy issues and things that are going on, we are still reminding schools to make sure they have approval for certain items you might want to sell at your school. There are regulations and procedures that need to happen, especially if they are doing school cookie sales. Our wellness policy is still intact for all of those things. We want to turn our attention to how we support schools in reminding them about all the policies in our wellness policy.

**Health Services** Update provided by Lily on behalf of Christi Kagstrom

I can't give percentages and statistical data like Christie can, but we have continued to return to our pre-covid tasks.

We still struggle with having a full staff, but we have hired several health assistants, LVNs, and school nurses. This has further decreased the number of schools our nurses have. It has allowed us to service more kids. We still have staff shortages and are continuing to interview for vacancy positions. We will continue to make progress until our team is fully staffed so that we can cover the health needs of the children in our district.

Our team is still working on getting our children immunized. We still have the Elica van at our schools twice a day. We will continue to connect families with resources to make sure children are vaccinated so they can continue to attend school.

Our team is ready for health screenings. Hearing and sight screenings are also being done with the assistance of our partners. A hearing van will be at our sites to assist with our hearing screenings. Our nurses are also ready to screen our children to ensure we meet our deadlines.

We did have several covid and flu vaccination clinics in the fall. Our last one was on November 30th. We had a good turnout. We will continue to offer clinics whenever we can to assist the community with reaching their vaccination goals.
In regards to covid, as expected, covid cases are up. As expected, cold and flu cases are also high. We are seeing a lot of students and staff out. Our team is still offering at-home tests to staff and students, and we still offer students and staff in-person testing. Face masks are still available upon request. Our team is still doing contract tracing and continues to offer guidance to staff and students. All these measures are helping control the spread of covid, flu, and cold the best we can.

**Dental** update provided by Lily on behalf of Christi Kagstrom

Health Services has been working with Early Smiles Sacramento for our oral health screenings. Oral screenings started in October, but most of them will take place early in the upcoming year.

**Special Education** Update provided by Julie Siegle

There are a lot of preschool assessments. They keep coming. We have a lot of families moving in from either Ukraine or Afghanistan. Some of those students need services, so we are helping those families move through the assessment process. If they haven't been connected with other support agencies, we are helping them with that.

We are trying to mitigate staffing shortages. It is always an issue. We are slowly starting to fill those positions. We are working to support our new teachers and a lot of interns. Some do not have a lot of classroom experience. Our TOSAs are working hard to support our new staff.

We are looking to update our high school curriculum, so we are working with the curriculum team and looking at the high school and secondary level and updating that on the special education side.

We moved to Vineland for the school year because Bay D is getting a new HVAC system. It has been an adjustment, but we are settling in.

Kathleen, our Executive Director, and Joy, our Director, are working on updating the local plan for our SELPA. I don't have details for that, but I know that's in the works right now.

On my end, trying to get the materials and equipment they need. We have a lot of new students, and a lot of our preschoolers do not have equipment. So I am building an inventory for students who need walkers, standers, or any mobility or communication device.

**Family and Community Engagement (FACE)** Update provided by Heriberto Soto

At the moment, we are nearing the end of the workshop series we will have. We partnered, in this case, with special education and one of our teachers to do a program for students that are in workability programs on Tuesday, December 18th. We will have our in-person event with SWUN Math on Wednesday, December 19th.

We will have our Kindergarten round-ups starting January 21st, February 1st, and March 11th at Regency Park, Madison, and Las Palmas. This will be an opportunity for parents to attend and learn how to prepare their children for TK/K and preschool in some cases. In addition, they will have the opportunity for immunizations, dental screenings, vendor information, and such, as well as a series of workshops they can participate in. Again, this is going to be primarily reaching out to our families as far as it comes to enrollment into the new school year.
One of the other things FACE is centering on is having information from Twin Rivers regarding enrollment and programs at the Sports programs. For example, if Special Projects has launched a Tk-8th grade program at their school sites on the weekend, FACE and other folks will be pivoting and providing more information to families that are interested in learning more about Twin Rivers, jobs, and putting their kid on Aeries, which allows parents to check their grades. We will be at Grant this Saturday, December 17th.

We are working on community wellness and health pop-ups. One of the things we started doing was trying to figure out how to reach out to families regarding food access, mental health access, and workshops, nutrition. This morning, I was in a meeting regarding having our first one when we get back from break on January 9th at the Liberty Towers from 5:00 to 7:00 pm. The idea is to have people come in. There will be sports, activities, and fitness alongside some nutrition workshops and cooking demos with the support of folks that were present in the meeting. We will have some food distribution as well. Ideally, we would like to offer this at other events. We are working to partner with North Sacramento Resource Center. We are working on Family Wellness Nights. We had our first one on December 7th at Rio Tierra with the mental health clinician there. There are mental healthclinicians at 5 of the seven sites I'm currently assigned to. These sites are Rio Tierra, F.C. Joyce, Woodridge, Las Palmas, and Madison. We, unfortunately, only had one family. We tried out best. We had our clinician there, and we had someone from the county. We discussed using mental health strategies. We have four more scheduled. Our next one will be on February 9th at Woodridge. We are working to finalize dates for F.C. Joyce, Madison, and Las Palmas. I believe we will have more participation at Madison and Las Palmas. The other sites are harder to reach regarding engaging with our families. We will continue to do our best.

We are looking to host a three-part series for Screenagers. I am in contact with their representative. Some years ago, the documentary came about from this guardian that talked about the concerns regarding screen time. Last year, we offered the second part, which focuses on mental health and anxiety. The third part will interest Scott, Eddy, and the TUPE team as it pertains to vaping as an epidemic, so it covers how students cope with mental health and vaping. How the three-part series will work is there will be an in-person event followed by a two-week session where it will be an on-demand session. Our goal is to have these movies that can help people unpack the film and have a conversation regarding mental health, anxiety, vaping, and healthy coping strategies.

We are also going to be offering parenting programs. We are launching The Parent Project. The Parent Project is a 10-week, in-person program. We will have parents trained last year in The Parent Project with help from other folks to help facilitate or co-facilitate. Some will be within the district.

Additionally, we will be working with Doctor Prevention to host a virtual Strengthening Families Program again. One in English and one in Spanish. I shared the idea of having an in-person event as a culminating event that can be offered somewhere within the district.

FACE works with our African-American families. There are a series of monthly meeting events with the Roberts Family Development Center. They tend to be on the second Tuesday of every month. These are held in person. This time, we offered a virtual option. These are at the Roberts Family Development Center and the assigned site, which is Foothill Ranch Middle school.

FACE is also fortunate enough to be doing the Native American Education Program. We had a Native American Craft Fair hosted this past weekend at CCAA. We have two events coming in the spring with a spring gathering/graduation recognition for students that identify as Native American. Other districts have done that in the past, and we modeled that last year. We are doing our second year with our big-time Pow-Wow event, which will be in May.
We will be working with our English Learners department to host workshops in January and May that will be focused on reclassification, which is the ELPAC. Some families may not know how some of our students are assessed when it comes to their English-Language development and the assessment of the ELPAC. In May, we are also planning to celebrate culture tied into a reclassification ceremony.

Other than that, we are doing our best to hire three other liaisons. We have three currently and have recommended a fourth. We have a couple more that are in the pipeline to be interviewed.

Finally, we are partnering with EmpowerU. They are offering, in this case, programs for our students. One is called Healthy Families, Healthy Emotions. It is an online program that has a little journal tied to it. The journal is in English, but the courses are in various languages: English, Spanish, Hmong, Russian, Dari, Arabic, and Pashto. We have 1,400 seats, and we will start promoting this ten-week-long program to help process emotions in their natural way.

**Counseling** Update provided by Carol Young

We had a counseling meeting this morning. Care Solace was there. They have made some changes to their platform. They also report on what we've been doing. So far this year, we have gotten 191 students into care and another 91 adults into care. For those of you who don't know, it's a concierge program that we use to connect students, faculty, staff, and families to ongoing mental health services. Services that our school counselors can't really do with the kids because of time, and that is not what they are trained to do. So this is a therapy that we get the kids in. So that's been going really well.

This year, our school counselors are doing mandatory classroom lessons for the first time. The first one is on emotional regulation. They take that presentation into the classroom twice, over two weeks, in k-8th grade. So, every student will receive an emotional regulation lesson in their classroom. We are keeping data on that to see how that helps, hopefully, not only with discipline referrals but also with classroom management in general.

We also have 239 social-emotional groups happening right now throughout Twin Rivers that are treating over 1,000 students that are in social-emotional groups with counselors.

**Physical Education/Activities** Update provided by Scott and Heriberto

We don't have anyone representing physical education right now, but as Heriberto mentioned, they do have a lot of after-school programs gearing up for their sports programs. It is really good that they have hired so many program specialists to support all the sports programs at the school sites. So we are looking for a lot of engagement in physical activities.

They are also helping with partnering during the intersession winter break camps. In addition, they are working with some community partners to offer a space for students participating during the winter break.

Sports programs will be focusing on soccer tournaments. This weekend will be Grant, Highlands, and Foothill. They will be expanding it when we come back from break. In addition, they will be playing basketball in March and April. Some golf tournaments will also be taking place.

Grant just won the 2022 CIF State championships.