Whole School, Community, and Child (WSCC) Committee  
9/22/2022 Meeting Minutes


Meeting Facilitated by Scott Kazer, Program

Unadopted Meeting Notes

Before being adopted, a correction was made under the SPED section to change the word ECE to SPED in the following sentence, "ECE is working on transitions for students moving from elementary to junior high, for example, by facilitating meetings between the elementary teacher and the teacher the student will be going to."

District Score Card Provided by Leslie Vorce.

The score is determined using the WellSAT. It can be used to help improve our wellness policy. During Covid, there was a waiver for waiving the triennial assessment. Ours was submitted shortly before the extension. Zeros are areas that need to be focused on and revisited. There are always areas for growth and improvement. It does not need to be submitted to the state. For areas we received a zero in, we can put details. For example, we can state that we don't operate on lunch applications and therefore have no meal balances. This can be stated instead of leaving it blank. We will edit our policy to strengthen our score.

Health Education Council (HEC) Update provided by Marissa Munzing and Sal Sanneh

We do have an implementation plan that is shared with other members of the WSCC Committee. It is a way to keep track of what's happening, what areas we can focus on, and create activities or determine how to move forward.

Harvest of the Month was created by several local school districts in California as part of a broader nutrition effort to target low-income students to teach them about healthy eating, how to eat more fruits and vegetables, and how to adopt a healthy lifestyle. It's a program that has been around since 2016. This school year, we are recruiting 4th, 5th, and 6th-grade teachers. Registration, which began two weeks ago, will close on September 29th, 2022. Starting the week of October 10th, participating schools will begin receiving the materials for the program, which is to start October 20th.

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support their child nutrition programs through training and technical assistance for food service, nutrition education for children and their caregivers, and schools, as well as community support for healthy eating and physical activity.

We started implementing school nutrition into this school year back in late August. Team Nutrition will be doing a 3-week-series of lessons. We've already completed one cohort of classrooms. There are two more cohorts of classrooms for this semester. We've conducted an orientation for nursing students in terms of implementing these lessons in a classroom. We distributed learning materials, recorded reach numbers, and also provided ongoing support. We will gauge the success of this year's Team Nutrition Program by student satisfaction, student engagement, comprehension, reach numbers, and finally, the enjoyment from the nursing students who will help us facilitate the program.

Lastly, we started the School Wellness Center during the summer of 2020 as a result of wanting to convene working professions in academia across Sacramento with a common goal of increasing all aspects of health for students and school staff. The inaugural school wellness summit was in 2020. It was meant to be in-person at Sac State, but because of the pandemic, we went virtual. It's been virtual ever since. This year's school learning summit is happening this week. It is the 3rd annual school wellness summit. The theme is Mind, Body, and Soul: Catching the Whole. This year's summit started Tuesday, September 20th, 2022. We had a keynote speaker by the name of Dr. Reyes Gauna, a superintendent for Patterson Joint Unified School District. This week's session was Food, Movement, and Mood: The Impact of Full Student Health, which explored the scientific link between nutrition,
physical activity, and mental health. The third and final session happening today, September 22nd, will be Best Practices for Community Care and Coping with Burn-Out Amongst Staff, Teachers, and Student Supporters. This session is a guide of sorts for working professionals in academia to manage stress and burn-outs and overall self-care strategies on how to manage this.

**TUPE Update provided by Scott**

Jeremy and I (Scott) manage this grant. This year we have developed programs. We have had a lot of successful trainings. We had, for example, a counselor training on August 15th with our counselors about the identification of harm and effects and signs of the use of alcohol, tobacco, and drugs. There were about 75-80 of the counselors, some other staff, and social workers. We had our partner, Omni Youth, come. They donated Narcan through the Sacramento County Opioid Coalition for support because fentanyl is in our surrounding communities. We want to be at the forefront to be able to support our students in case those things come up. We are training five interns to be able to provide intervention services to those students who are having infractions in our schools or who are being referred by their families, friends, counselors, or health service staff.

We are working on program development and getting our prevention curriculum off the ground and up and running. In October, we will be gearing up for Red Ribbon Week and the California Healthy Kids Survey. It is our busiest month.

We will be getting our prevention supplies out to schools. We will be doing prevention outreach during those times in October. Our interns will be out to support that and our Friday Night Live and Club Live Chapters. They will be tabling at their school sites to do peer outreach as well.

**Nutrition Services Update provided by Leslie Pring and Lisa Vorce**

In the past two years, we have been operating under a waiver that allowed us to feed anybody that was 18 years and under. You did not have to be a Twin Rivers student. That ended on the last day of the summer school program. When we started school this August, we went back to National School Breakfast and Lunch standards and requirements. We are back to really closed, enrolled campuses meaning we are only feeding our students for free. We are back to community eligibility provisions. We were granted another 4-year cycle of that, so we don't have meal applications. All students are able to have free breakfast and lunch, no matter their income or status. Supper is very much expanding through ELL in the morning and afternoon at the high school. We are very excited to have our normal programs up and running.

We were awarded significant kitchen infrastructure funding from the state. It is investing in our operation. We will be expanding our warehouse come November. We are getting racking for 140 bays and buying new equipment and software. The funds have been exhausted. We invested in our staff for training. We are focusing on hospitality and retraining them on service mindfulness, like how to interact with students and how to get the cafeteria area to be an area student want to come into and enjoy their meal. We did a lot of that training at Back to School. We will be doing another training in November that focuses on building inclusive food systems in our cafeterias and how we can be culturally inclusive with hospitality. Spring will be our last round of training.

Full-service salad bars are back. We have not had them since the pandemic started, and it has also been our focus. We are training our staff on what a salad bar looks like. A lot of staff have retired, and we have hired a lot of staff. Many have never seen a salad bar and have only known our COVID meal services.

We are excited to see where another program called "Department of Defense" will go. It is funding for fresh fruits and vegetables in all of our school sites. We now have access to items we would otherwise not have available or would be very expensive. We are using our commodity dollars to buy fresh fruits and vegetables. In the first month of school, we've seen fresh blueberries, raspberries, blackberries, and organic spring mix.
anything for the wide purpose of all of our students that was organic. It really depends on what is available through
the program, but it's going really great. It increases our ability to offer a wide variety of fresh fruits and vegetables to
our students.

Breakfast participation was up by 4.5% in the month of August, which was huge for us. Every day, our sites report
that more and more students are coming back into the cafeteria and taking the meals. Another success is that we
often have heard, in the past, of students not having a large enough portion of food, specifically at high schools, but
now our students are using the salad bar to build entire plates of salads in addition to entrees. There have been far
fewer complaints from students of feeling hungry and not getting enough food, which is what we wanted the
intention behind our salad bars at our schools to be.

Since the reopening of salad bars, we really did turn it as a top your food and fill your plate with fruits and
vegetables [thing]. We are getting a great reception from the middle school and high school students, who are really
enjoying this step-up in what we are offering as far as fresh foods. We are really excited.

As a department, we are committed to evolving of continuing to improve and engage the students utilizing that fresh
concept in the farm-to-school. We're also working on engagement with classrooms so that we are continuing to
foster the wellness community on campuses because we do know we can offer these great foods, we can be this
great department or great district, but we do need to remember to tie the teachers in and the classroom.

As Sal mentioned, we connected with Sal to provide the food, kits, and other items to engage with the classroom.
These great partnerships in the community are really essential to connecting the cafeteria to classrooms, to the
district, and to the parents. Also, we added five more schools to our Fresh Fruits, and Vegetables grant program. We
now have 25 schools receiving snacks three days a week in the classroom, at recess, or middle of the day in addition
to breakfast and lunch. These 25 sites also receive a free farmer's market. We started that program, and so far,
there have been 2. We did Woodridge today. You can always check Facebook to get up-to-date information on that.

We are partnering up with Breathe California and other departments in the district to help facilitate the food waste
recycling programs. That kicked off today with an assembly from Breathe California at Woodridge. They will be
coming out and training the kids on the right bins to throw their garbage in. We are all doing this at home, and the
kids need to learn that as well. In addition to last year, Leslie had rolled out all the share carts, so now, our
department has share carts available at many cafeterias where a student isn't going to eat something, they can put it
on the share cart. We are hearing some great success stories from that as well. Students are able to get a little extra
fruit and vegetables to eat if they are still hungry.

We are excited to engage with the wellness policy with you all. We set some goals for this year to see what we can
come up with. We hope to have enough time to promote student wellness on campus.

**Health Services** Update provided by Christi Kagstrom

For the past five years, we have been focusing on staffing. Primary, we are focused on our ratio of nurses to students
and school sites. We have made progress on that. Pre-pandemic, we were able to move around our high-needs areas
like pre-schools and special-education sites, mainly Las Palmas and Vineland, and Grant. We were able to almost
decrease the number of schools those nurses were supporting.

This year, we did not fill all of our position, but we did fill a significant amount where we were almost able to
decreases the number of schools for every nurse from 4 sites to 3, which is huge for specialized health-care
procedures. We still have staffing concerns in all of our sites, as well as LVNs for specialized-care. That coverage
for specialized care coverage is still challenging. We are using quite a few agency staff. It really does directly impact
a lot of the extra time we have to be doing all those really great teaching programs that’d we’d like to do like
pushing into classrooms, puberty classes, family-life classes, or hand-washing classes, but we’re moving in the right
directions, which is really exciting.
[The mentions of work done with the Special Education Department have been moved to the Special Education section]

About six years or so, we started having Diastat, a seizure medication, on campus, but there are a lot of changes in that. We have other emergency seizure medications on campus that require licensed-care support. Those kinds of things change how we move to staff sites. It trickles down and is a domino effect.

Scott mentioned that they had a connection with someone that could supply Narcan on campus. Getting procedures in place for that is something we started before the pandemic, but the pandemic put the brakes on that for health services. Our district has already rolled that out. We are working on putting procedures on in place to put Narcan at sites. We are finding that it is a very good thing, given the opioid issues in the community.

Covid has not gone away, but it does look different for us. Behind the scenes, we are still required to contact trace. A lot of mitigating measures have decreased, like masking and test requirements. We are still running a full testing program at our centralized test sites. Our district is sending home one home test for every student and staff in the district weekly. We are still required to submit reports to the county. We only are required to submit outbreaks. The only way we can do that is by monitoring all covid cases. We are still doing that.

We are feeling the brunt of immunizations this year. There was some loosening of the guidelines in the past couple of years, and we had some waivers to let kids in, and we are really feeling that. A couple of our kids have fallen behind and are on a catch-up schedule, which is a little bit more difficult to monitor. That, in combination with the influx of new immigrations and refugees that we have had in our community, has really impacted immunization tracking and support for us. We are throwing a lot of support. We have had several vaccine clinics with the county, and Elica is at our sites two times a week. We will be increasing it to 4 times a week, hopefully soon. There are some resources, but there is a big need.

**Dental** update provided by with Christi

Student Health and Wellness works with partners for dental, mainly Center for All Health and Smiles for Kids. I know a couple of my nurses were at the Smiles for Kids training and orientation last week. Center for All health has been very instrumental in working with our schools.

Student Health and Wellness is hoping to have all of our schools that have kindergarten have all of their kindergarten screenings done by one of the dental providers in order to assist with those kindergarteners' dental reports, but more importantly, to help get them the care if they have not seen a dentist yet.

**Special Education** Update provided by Christi

Student Health and Wellness has had a lot of interaction with special education this year. They have done a lot to bring a lot of kids back to our schools from other programs like SCOE and non-public schools. There's been an increase in the number of students who moved to full-inclusion classes. That translates into a lot of oversight by nursing, often, if those kids require health needs and coordinating how they are going land back into our district and what's going to look like. It involves a lot of training of staff, so it is very exciting, but there is a need for a lot of licensed staff that we are addressing related to that.

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

So far this year, we have been sending surveys to families asking what kind of programs they'd like to see within their school. Whether those events will be in person, virtual, or hybrid, morning events, evening events, weekend events, and what kind of resources they'd like to see in their school. We are soliciting feedback.
At the beginning of the school year, we had help with our enrollment event. We supported Christi with the immunization clinics that they had.

This year we have more staff that retired, so this is the first school year that FACE is under the umbrella of Equity, Diversity, and Inclusion. We hired five community liaisons, who are placed within a certain vertical network. They are based between the Grant, Highlands, Foothill, and Vineland areas. We plan to hire one more.

English Services has hired 2. They plan to hire two more. There will be a total of 10 new liaisons between the both of us. Each of the schools will have its own liaisons. Each liaison will spend a day at their schools. Part of the work they do is help families with enrollment, answer questions on resources, and tend to families. For example, answering questions, newcomers may have about healthcare access. They have been helping with Back-to-School nights.

FACE has two goals in mind, which are, measuring school and district participation this year as part of collecting information as some sort of baseline, which has never been done before, and collecting information and resources from schools that they have when it comes to community partnerships and district partnerships as well. Those two goals are part of the strategic equity plan that was developed by the equity task last year. Those are the two things FACE will be working on this year. The liaisons will be helpful with that.

We already had our first Parents and Guardians of African American students. They've been primarily virtual, but we are having our first in-person event with RFDC, Roberts Family Development Center, between their main center or at Foothill Ranch. We are also working on our Native American Education Program.

FACE is working on of our big projects that were working on this year is our Newcomer Immigration Orientation for families on Saturdays. The first event will be held on September 24th at Grant High school and the second on October 1st at Foothill High School. Families will come in and have an opportunity to participate in 6 different workshops throughout the day. Youths will be participating in a youth sports activity in the gym. It will be an opportunity for families to connect with both district and community partners. This is for families that have been in the country less than five years and newcomers from the past 12 months.

Some of the liaisons have been calling families in efforts to measure academic achievements and attendance. Others have been working on other projects like home visits, Aeries Parent Portal support workshops, and data confirmation.

District-wide, we had our first series of online workshops that we had on the apps portal. Those were in person and, admittedly, not well attended as they thought they would be. We think it's because we offered them at the middle schools. We will look into a mix of hybrid and in-person options for some other workshops this year, like family wellness days and college information. We are taking feedback from our surveys, where we asked what community members were interested in seeing and what community resources in their hub they wanted to learn about.

We take information obtained from these surveys and determine what grants we can apply for. We then work on approval and implementation of a plan to receive those grants.

**Counseling** Update provided by Scott

Counseling and CTE, Career and Technical Education, put on a really great job fair, if you will, that went really smoothly. Juniors and seniors who attended. Some were dressed to the nines. They had on tuxedos and dresses. Some were offered jobs on the spot. Amazon, Cal-Fire, and a lot of resources were there for students to research and ask questions. It went really, really well.

**Physical Education/Activities**
**Health Update Provided by Jack Wood**

This Flu season coming up is going to get us hammered, I think. Australia is now finishing its flu season. They have a month to go in October. They have doubled the number of cases that they had over a 5-year average prior to Covid. Fortunately, the H3N2 variant is the same one we had last year in the U.S. So, our flu vaccines are tuned up and ready to go to cover that and other variants. It takes two weeks after getting the flu shots to reach peak effectiveness so consider that in your decisions. Fortunately, we do have some anti-viral medications that are pretty effective, but you have to start them within 48 hours of your onset of symptoms. I would expect you are going to see a significant number of kids and staff out this year. I would encourage anyone eligible to get one no later than October 15th for it to be effective sooner. We can expect a significant impact this year.

Christi Kagstrom added, "We heard the same thing from the county. We are doing four flu and covid vaccine clinics at all of our four comprehensive high schools. Not all are before October 15th, but they are scheduled. The first one is Wednesday, October 12th, at Rio Linda High School."

**TRUSD Wellness Policy Implementation Plan**

[https://docs.google.com/document/d/1L1mzU1sYKIo-SfOVqL8XGjEmQP0sPlp2/edit?usp=sharing&ouid=108410162560972127737&rt$pof=true&sd=true](https://docs.google.com/document/d/1L1mzU1sYKIo-SfOVqL8XGjEmQP0sPlp2/edit?usp=sharing&ouid=108410162560972127737&rt$pof=true&sd=true)