

PTAC Health & Wellness

Friday September 14, 2018

Palo Alto Council

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Welcome! Agenda

900-930 Sumita and Dave H&W Overview

930-1000 Green Team - Joslyn Leve, Rebecca Navarro

1000-1020 Introductions

1020-1030 Announcements, if any.



Who We Are

Your Co-VPs:

Sumita Vasudeva

David Shen



About Health and Wellness

Roles

Duties

Going Forward

Advocacy



Roles of Health & Wellness Reps^[4]

From the CDC's Whole School, Whole Community, Whole Child Model^[1] - 10 broad areas of H&W include:

Health Education

Nutrition Environment and Services

Employee Wellness

Social and Emotional School Climate^[2]

Physical Environment

Health Services^[3]

Counseling, Psychological, & Social Services^[3]

Community Involvement

Family Engagement

Physical Education and Physical Activity

[1] <https://www.cdc.gov/healthyschools/wscw/components.htm>

[2] SEL is another PTAC team

[3] PAUSD provides services

[4] Source: School Health and Wellness Role, J. Ferrell/R. Scholl



Possible Duties^[1]

Pursue your particular site's interests and needs.

Some opportunities:

- Receive training organized by PTAC

- Represent school site in district discourse on health and wellness

- Educate and share health and wellness resources with school site

- Collaborate with related roles at school site

- Organize site-specific health and wellness initiatives/ projects/ events

- Advocate for school site

Best if it matches with personal passion and interest

[1] Source: School Health and Wellness Role, J. Ferrell/R. Scholl



Going Forward with Health & Wellness

Pursue your school site's particular interests and needs, matching with personal passion and interests if possible:

Health Education

Nutrition Environment and Services

Employee Wellness

Social and Emotional School Climate

Physical Environment

Health Services

Counseling, Psychological, & Social Services

Community Involvement

Family Engagement

Physical Education and Physical Activity

Source: School Health and Wellness Role, J. Ferrell/R. Scholl

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Going Forward with Health & Wellness

Time commitment varies with site and tasks, estimated 2-6 hours a month.

You are all invited to attend and participate in:

Your PTA Exec Board Meetings

Student Wellness Council

Nutrition Committee

Project Safety Net



Going Forward with Health & Wellness

Examples of activities and projects:

Walk/Roll Week [1]

Sun Safety Initiatives [4]

Noon Angels - observe students at lunchtime [3]

Tasting Day/Week, Future Chefs Challenges, A-Z Salad Bar, Harvest of the Month, Mindful Eating Day [2]

School Gardens [2][4]

Farm to School-Farmer visits, CSA [4]

Source: School Health and Wellness Role, J. Ferrell/R. Scholl

- [1] Physical Education and Activity
- [2] Nutrition Environment and Services
- [3] Community Involvement
- [4] Health Education



District Wide Initiatives

Sun Safety - Amy Adams

Living Classroom, Farm to Lunch - Jessica Ferrell

Lead Testing - Lama Rimawi

EMF/RF Safety - Amrutha Kattamuri/Ann Yeawon Lee

Mindfulness - Sumita Vasudeva

SEL - Indira Priyadarsani, Husna Hasmi

Sugar/Nutrition, BP 5030, BP 3550 - David Shen

If you want to know more about any of these areas, please feel free to contact us!

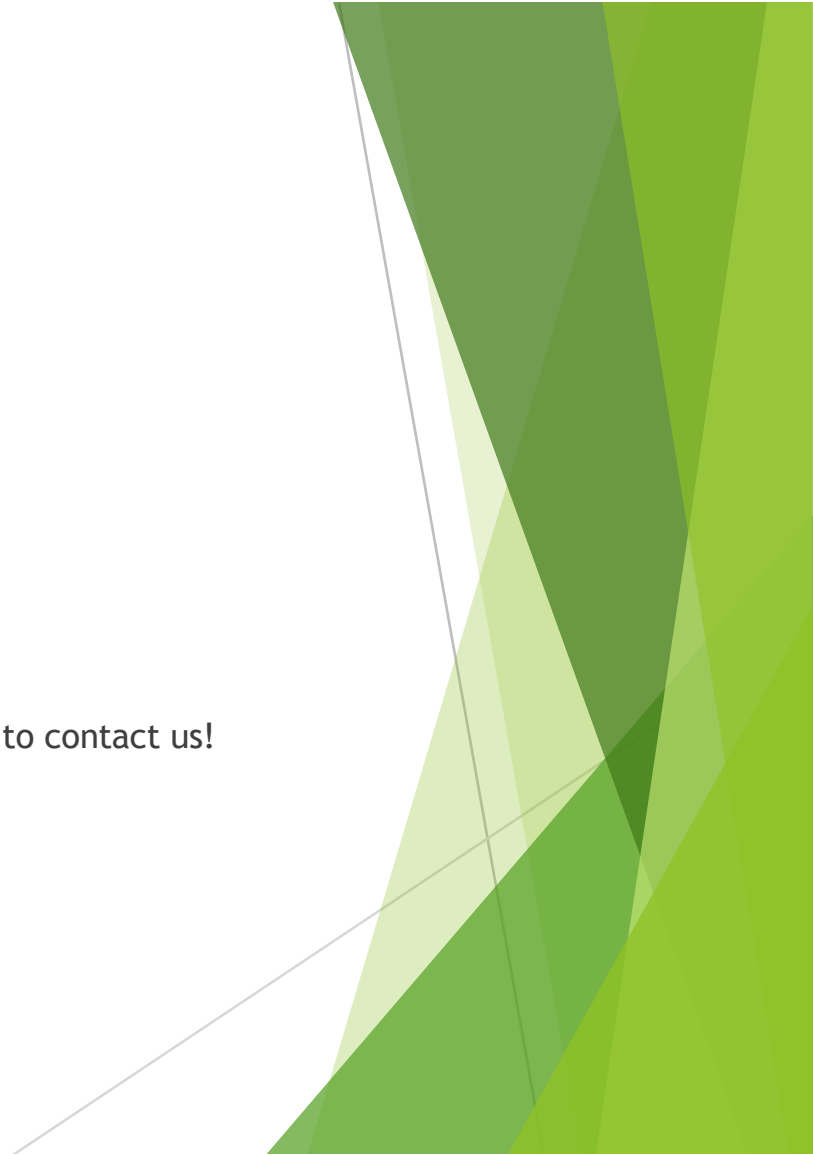
We are working on these initiatives as district wide initiatives

Join us if you want take your own initiative district wide

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Last Year's Accomplishments

- **Sun Safety Talk** with Amy Adams, Apr 24, 2018. 14 people in attendance.
- Food Talk – **Healthy Habits, Healthy Lives** by Jeanne Rosner, Oct 4, 2017. 15 people in attendance.
- Sugar Talk - **How Does Sugar Affect Your Health And What You Can Do About It** with Patricia Caldera, Feb 7, 2018. 42 people in attendance, both parents and children.
- District wide lead testing.
- Supporting WIFI and EMF testing request, beginning WIFI/EMF safety.
- Limited farm to table program, using funds from Whole Foods fundraiser. Used farms at the Science Resource Center.
- Partnership with Food Services on improving snacks sold in middle and high schools. Snack tasting day at JLS.
- Support of Sun Safety efforts in elementary schools, materials bought to bring program to additional sites.

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Health & Wellness 2018-2019 Initiatives

- To organize health education events/ workshops.
- Advocate for nutrition survey data.
- Update food services board policy BP/AR 3550.
- Update student wellness board policy BP 5030.
- Introduce new board policy for sun safety.
- Assess current social and emotional school climate curriculums in secondary schools.
- Advocate for better management of health services by PAUSD.
- Create community involvement and engage families in health and wellness issues.
- Advocate for more resources for physical activity in secondary schools.

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Social and Emotional Learning (SEL)

SEL is being handled by Indira Priyadarsani and Husna Hasmi as a separate effort here at PAUSD.

Traditionally SEL has been part of Health and Wellness.

As the site H&W volunteer, you may be working on SEL efforts.

Feel free to continue to do so or join the specific SEL effort.



Advocacy

Daunting? Fearful? Don't know how to get started?

We're going to teach a little bit on how to be an advocate!

Our structure is not conducive to knowledge capture and sharing

Projects can be one project long, to many years long

Can involve one school site to encompass the entire district

Planned/past activities:

Panel with Sarah Armstrong, Michelle Higgins: <http://ds.ly/pausd-initiatives-done>

Advocacy Talk by Joe Simitian, date TBD.

Jennifer Dulski, former President/COO of Change.org, author of *Purposeful*



Sumita Vasudeva

Co-VP PTAC Health and Wellness

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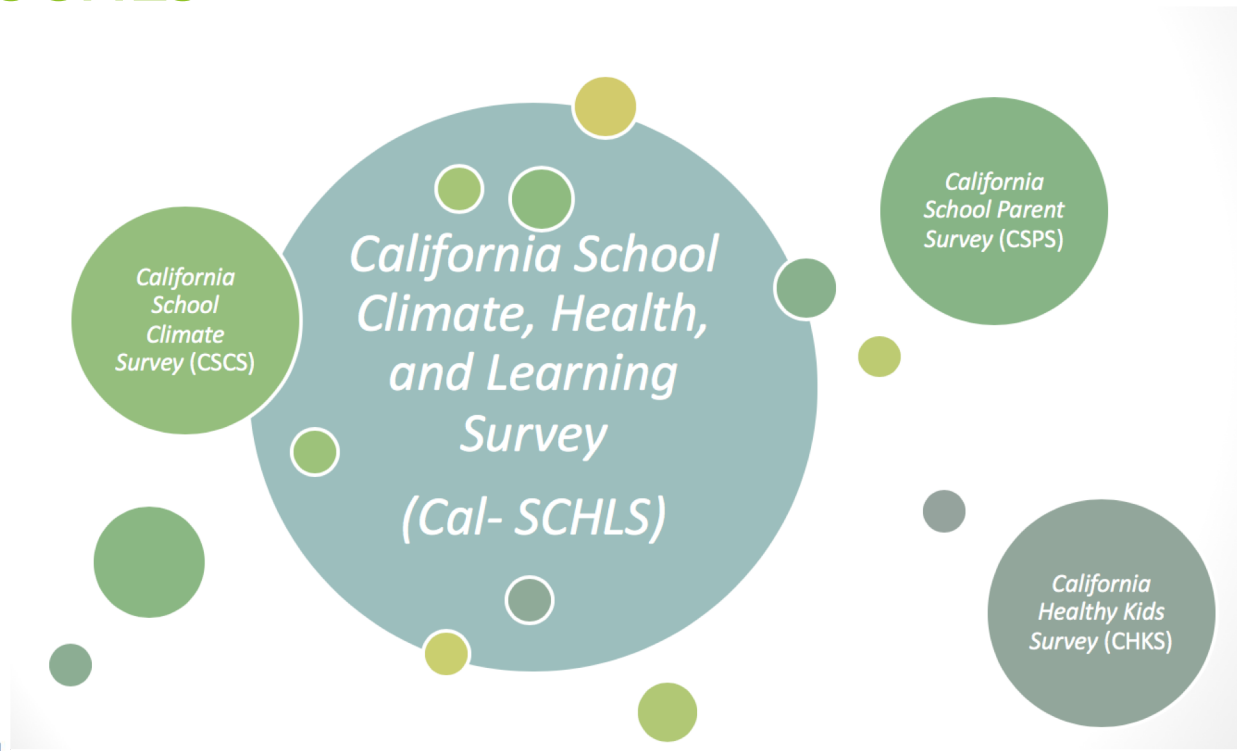
California School Climate, Health, and Learning Survey

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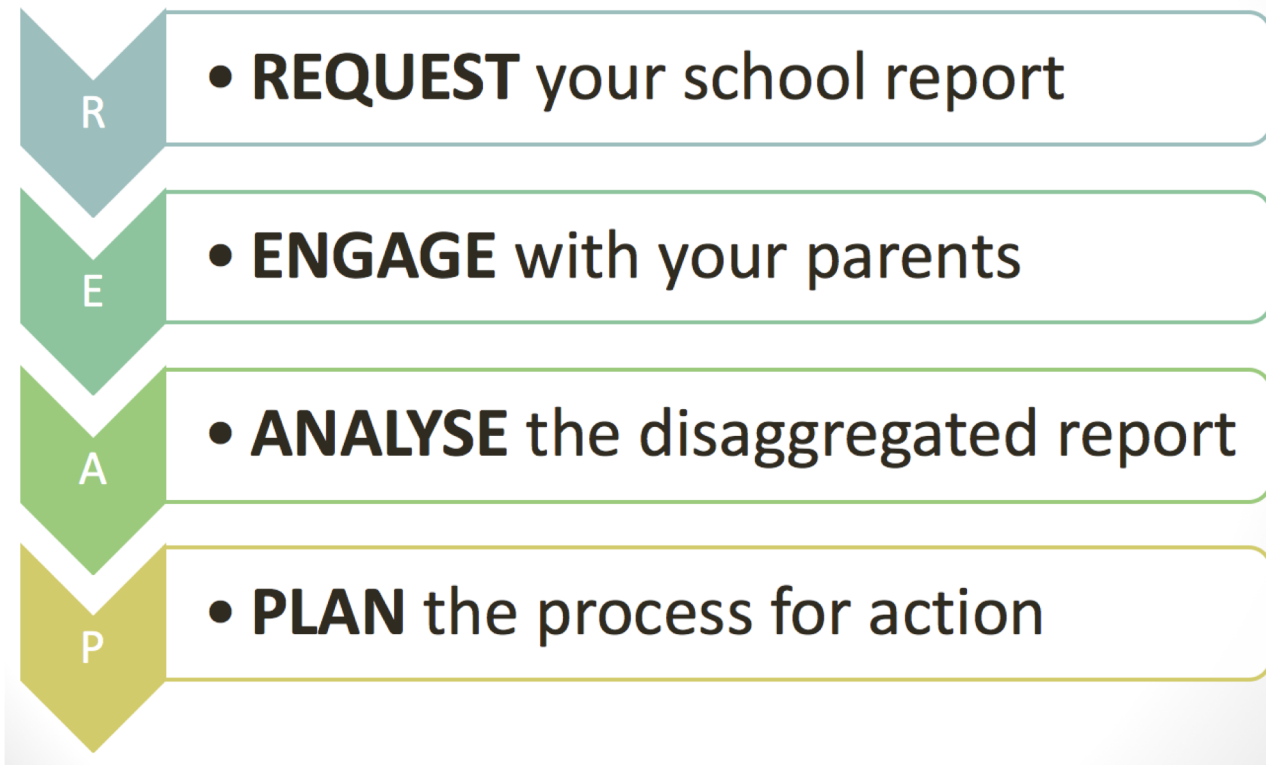
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Cal- SCHLS



Reap the Results



Next Steps



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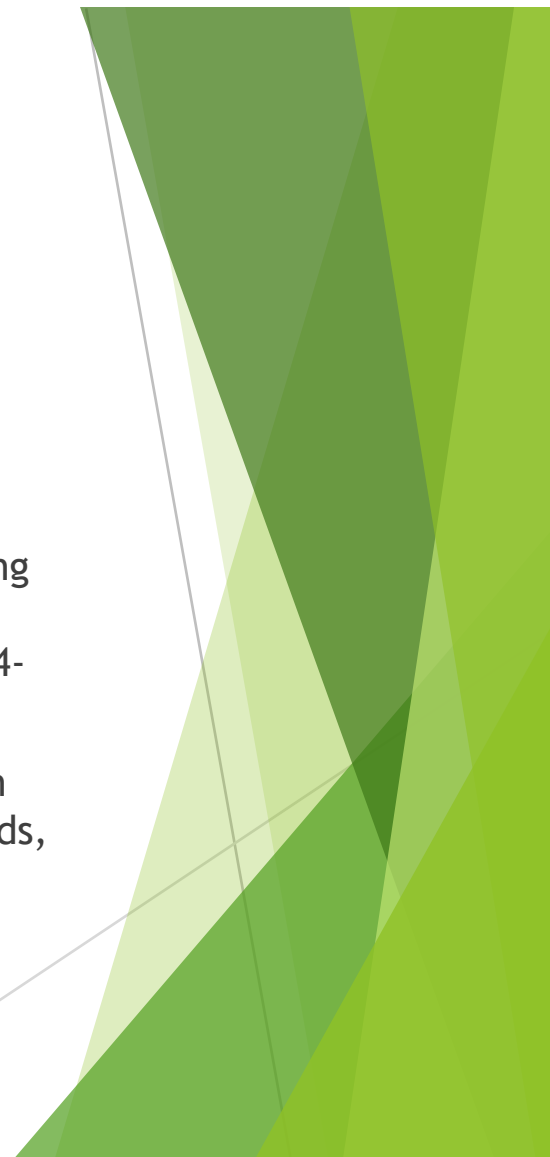
Factsheets, guidebooks, resources!

- Survey results are available for downloading from the survey website: chks.wested.org.
- The California Safe and Supportive Schools website (californias3.wested.org/) provides information and tools helpful in implementing effective strategies.
- Local Control and Accountability Plan (LCAP) can be found here: Making Sense of School Climate (californias3.wested.org/tools/schoolclimate) and Helpful Resources for Local Control and Accountability Plans, 2014-15 ([chks.wested.org/resources/LCAP Cal SCHLS.pdf](http://chks.wested.org/resources/LCAP_Cal_SCHLS.pdf)).
- The Cal-SCHLS Technical Assistance Center offers workshops to help in identifying local needs and developing action plans to meet those needs, including data use workshops.

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For More Information

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Lissette Moore-Guerra - lmoore-guerra@pausd.org



Green Team

Joslyn Leve, PTAC Environmental Action Chair
Rebecca Navarro, PAUSD Sustainability Program Manager

Introductions

Say your name

What school are you from?

What is your Health and Wellness passion?

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Announcements?

Thanks for Coming!

Questions, thoughts, concerns?

Share your successes!

Visit our webpage for information and updates:

<https://ptac.paloaltopta.org/health-and-wellness/>

Google Group (also email list):

<https://groups.google.com/a/paloaltopta.org/forum/#!forum/ptahealth>

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