

**MINUTES
BOARD OF EDUCATION MEETING
LA MESA-SPRING VALLEY SCHOOL DISTRICT
SPECIAL MEETING: November 7, 2012**

The meeting was called to order at 5:02 p.m. at the Education Service Center by the President, Mr. Baber.

CALL TO ORDER

The President led the Pledge of Allegiance to the Flag.

PLEDGE OF ALLEGIANCE

Board members present: Baber, Duff, Halgren, Turner, Winet

ESTABLISHMENT OF QUORUM

Board members absent: None

Staff members present on assignment: Bender, Marshall, Martinez

COMMUNICATIONS

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Student Health and Wellness – Link to Learning: Facilitation Guide – Governance Conversation

Link to Learning: Facilitation Guide—Gov. Conversation

Guidelines for Dialogue

Guidelines for dialogue

HEARING SESSION

HEARING

The President announced a hearing for anyone who wished to address the Board relating to student health and wellness. There being no one wishing to address the Board, the session was closed.

REPORTS OF OFFICERS OF THE BOARD

REPORT(S)

At their regular meeting of October 2, 2012, the Board agreed to meet in a Study Session to review what the District has already accomplished in the area of student wellness and explore goals the District would like to accomplish next. As part of a grant from The California Endowment, Luan Rivera, Consultant with the California School Boards Association (CSBA), offered to facilitate a Board Study Session with the LMSV school district.

Board Study Session: CSBA-facilitated discussion regarding Student Health and Wellness

The Superintendent reviewed what the District has done up to this point in the areas of nutrition (wellness policy), physical activity (run clubs at schools), mental health/social well-being (community social service programs, wellness programs for employees), and accessibility/safety (Jr. Seau field, Spring Valley gymnasium, La Mesa's Walk to School program). Luan Rivera reviewed CSBA resources and the group, made up of Board members, Superintendent, Assistant Superintendent, Human Resources; staff and community partners, divided into groups to identify priorities for action, identify resources and other support needed, and identify next steps. Workshop notes are attached as part of these minutes.

The meeting was adjourned at 7:00 p.m.

Brian Marshall, Secretary to the Board of Education

Approved and ordered into the proceedings of the District at the next regular meeting of the Board of Education to be held December 11, 2012.

Penny Halgren, Clerk of the Board of Education

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Board Study Session
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Wellness Workshop Notes

Aspects of Student Wellness

- Nutrition
- Physical Education
- Mental Health/Social Well-Being
- Access/Safety
- Good weather ☺

Priorities

- Put health lesson in front of children
- Work with partners to provide healthy nutrition outside of school – “food desert”
- Role models (staff and other adults to set an example for students)
- Mobilize community to put health as a priority
- Parent empowerment
- Mental health
- Enhance facilities and structures
- Safety

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Wellness Workshop Notes

Strengths

Partnerships

- City of La Mesa
- Counseling
 - MOUs with mental health agencies serving counselor needs
 - Elementary PTAs
- Existing partnerships
- Safe Routes to School
- Sports Leagues
 - AYSO
 - Pop Warner
 - Softball
 - Little League
 - Lacrosse

Programs

- Sports
- Wellness Day at Maryland Ave.
- Boys & Girls Clubs
- P.E. Programs
- Accessible parks for activities and physical fitness
- Peter Pan Jr. Theater
- EduDance program
- Intergenerational Games
- Parental Workshops Available
- Extended School Services
- Proactive Employee Wellness Program

Food Nutrition

- Serving fewer processed foods
- Whole grain, more fruits/vegetables offered daily
- PTA – healthy celebrations and snacks in classrooms
- Community & School Gardens
- Building Better Health

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Wellness Workshop Notes

Strengths (continued)

Attitude/Philosophy

- Proactive and creative in ways to improve wellness
- Children are talented, creative, athletic & willing to engage
- Leverage resources
- Culture of collaboration
- Willing to try new innovative projects
- Parents value sports
- Excellent leadership in school district around wellness
- Can do attitude!

Opportunities

Partnerships

- Parent Involvement
- Educafe
- Wellness Fair
- Middle/High mentor elementaries through fitness clubs
- Partnership with colleges
- Mentors and motivational speakers – sports stars
- PTA Involvement
- Partnership with corporations
- Partnership & memberships with high schools
- School personnel need to be wellness role models
- Partnerships with faith-based community for before/after-school clubs
- Partnerships with local businesses
- Partnership with more non-profits
- Corporate volunteers
- Intergenerational activities
- Shared-Use facilities
- La Mesa and Spring Valley collaboratives
- Grossmont Healthcare District

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Opportunities (continued)

Food and Wellness

- Technology for tracking fitness and food choices
- Opportunity to provide snacks at non-school sites
 - Boys & Girls Club
 - Lamar Park nutrition/wellness
- Wellness days at each school (Maryland Ave. model)
- P.E. teachers incorporate health & wellness

Parks/Gardens/Paths

- Adopt-a-Park
- Regional Garden Education Network
- More perimeter paths throughout district – including fitness equipment
- Walk audits

After-School Activities

- More school clubs
- 6-to-6 enhanced after-school activities on campus
- Boys & Girls Club @ La Mesa Middle

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Next Steps

- Community Health Fairs – Sharing successes
- Health screenings – Study data to know where we stand (baseline data)
- Identify sites for summer nutrition
- Align with *Live Well San Diego* nutrition, activity and substance abuse
 - Provide scholarships for access to programs
- Build Boys & Girls Club
- Have partners & research for creating community gardens
- Identify community garden sites and work with community partners to create gardens
- Expand joint use facilities in La Mesa and Spring Valley
- Assess safety routes in Spring Valley and determine needs
- Access M.H. partnerships to provide for children with needs
- Better communication concerning resources – through management team – create a list of resources
- Duplicate the efforts in each community – communication and spread resources