

Wellness Committee

9/22/15

Minutes

In Attendance:

Representatives and guests from local CVUSD schools, district office and community.

- I. Welcome and Introductions
- II. Review Minutes
- III. Update: Student Support Services
Senate Bill 277 – New Immunization Law effective January 2016 and future years. It is a controversial topic for a segment of our district population.

Parents have from until Jan. 21' 2016 to submit a personal beliefs exemption (PBE). The PBE remains in effect through one of three defined grade spans, (preschool, TK-6, 7-12). The immunization exemption is not valid for future grade spans. Students who do not have a valid PBE on file by January 2016 FOR August 2016 and are not compliant with all required immunizations will be excluded from school. Additionally, as of August 2016 a delayed immunization schedule may not be allowed. A student is either exempt or they are not. If you move to CA from out of state you have only a 30-day timeline to get all immunizations.

The law does not change current medical exemption language. Additionally, special education students cannot have services withheld due to lack of collective compliance. Nurses have been working closely with school personnel and families regarding immunization issue. Catherine Kalev, district nurse, reports a much higher level of compliance than in past years. The majority of students who are not up to date with their immunizations are on a delayed schedule.

Medical exemptions letters need to be very specific. Some pediatrician's letters do not contain the requisite specificity to comply with state law. Doctors need to make sound medical decision when writing medical exemption because those students can still be excluded from school and also are at a very high risk for exposure to a communicable disease, due to lack of immunity.

In talking to parents, Dr. Castro is very direct with parents, explaining both rights and responsibilities. He discusses exclusion protocols and reinforces the need to make informed decisions with the advice of a medical professional. CVUSD has a very small percentage of students with medical exemptions. The vast majority of unimmunized or under-immunized students have PBEs. There will be some confusion during enrollment processes in the upcoming year but our formal outreach efforts will begin in earnest after January 2016.

Betsy recommends a clear concise written handout. This will help avoid school staff interjecting their personal beliefs or opinions, or providing misinformation. They need to be provided clear directives.

In addition to district nurses providing ongoing outreach and education/information efforts, Dr. Castro has directed school staff to have upset/confused parents referred to Student Support Services, and he will speak to them personally.

V. Wellness Committee Topics for 2015/16 - Currently the Wellness Committee is an unofficial committee. An official committee is named by the Board of Education to meet a specific need. If the committee were "official" the committee would have more restrictions without the benefit of more productivity. It was agreed by consensus that the Wellness Committee remains an unofficial group. Although, it was suggested that future meetings be announced/advertised publicly, in hopes of opening the forum to interested individuals. Additionally, it is important to clarify to the community that this group is just a discussion forum. Policies are not decided upon by this committee or in these meetings, as that is the role of school boards.

VI. Discussion on recruitment of new members that would enhance the Committee's depth of knowledge in area that are currently lacking in the membership (i.e.: fitness expert, health care provider, etc). Additionally, should Community members be identified by these specified labels of expertise vs. the more generic community member?

- Physical activity/education/fitness expert
- Mental health provider
- Health Care Provider or health care expert could be a pediatrician, nurse, public health.
- Registered Dietician

(1) Discussion: Which categories fall under our umbrella of the Wellness Committee?

- Physical health
- Nutrition
- Physical activity

(2) Discussion: Which parents should be included? Do we want all grade levels represented? The goal is to have parents from each grade span but this is not necessary for the community to move forward on topics.

- One priority is to influence the community's perception of the Committee. This can be accomplished by getting the message out to the parent groups, like PTA/PFA.
- If the committee had DAC and PTA/PFA representatives we would be able to reach the more parents. Should we place a PTA rep on the distribution list to inform of future meetings? If a motivating issue arises, then they can attend the meeting.

(3) We want to invite mental health provider, overall wellness as the broad message include MFT intern. They are aware of our schools and district culture. Dr. Castro will talk to Jeff Kropp, CVUSD Behavioral Health Program Manager, about asking a MFT intern to participate. We can consider inviting Cal Lutheran counseling interns to attend this meeting. There is recognition of the need to have informed input in the area of mental health. The Committee should also consider adding hope and dream statements to proposed wellness policy / language.

Much of what this committee does is spend a lot of time developing BP/AR language to propose to the board. Developing language and structure is arduous. Wellness Committee is doing some of the leg work and any new language should reflect our collective obligation to our students.

- VII. It was brought up that the committee has still not completed AR recommendations on food and physical education. We will continue to discuss specific wellness guidance policy/regulations but we need to be purposeful in writing guidance (i.e: weather guidance, impact on classroom practices, etc.).
- Gail will participate in a sub committee reviewing Board Policy
- VIII. Miscellaneous Discussion:
- Consider change of name to task force rather than committee. Task force may sound like more of a forum.
 - Currently, there is no requirement in district policy for Wellness Committee.
 - In order to allow teachers to attend, we will look into eliminating Tuesday meetings. Somer Harding, Westlake Hills Elementary School principal, is open to hosting a meeting.