CEO Report – April 2011

The last couple of months have been very productive on many fronts. Highlights have included:

1. The upgrading and improvements to our website.
2. The work of our grants review committee that looked at 47 letters of intent and 35 full proposals.
3. The distribution of the Lucas Device to six fire departments. See HeartSafe report.

Staff and some Board members have been investigating three program areas: a foot nail clinic, a breast cancer support program and an expansion of a chronic disease self-management program. Discussions have been held with various parties and decisions will be made over the next few months whether or not to bring forward to the full Board funding proposals.

The CEO and three Board members participated in recent Meals on Wheels distribution program and grant committee members visited the dinner program at Shelter Network.

The CORA event set for May 5 will honor the District and information regarding tickets will be available soon. The Grants Awards Dinner is scheduled for June 7 at Ralston Hall. Staff and Board will be invited to the grand opening of the Sequoia Hospital Cancer Center partially funded by the District to be held on May 19. Board members will also be invited to the Special Districts Annual Dinner on May 3rd. Other dates of note are May 22nd when Peninsula Volunteers sponsors a healthy aging workshop and the ACHD conference scheduled for May 11-13. We will have more information on the conference soon including an agenda.

We have been reviewing audit bids, attending pension meetings and reviewing investment reports. Financially we remain in a strong position and all expenditures are within or under budget.

Healthy Schools Initiative
Sequoia Healthcare District

Healthy Schools Initiative

Activity Summary for Jan- March 2011

School District Activities

San Carlos:

- Organize / coordinate SCSD Wellness Committee and developing comprehensive district policies on wellness, anti-harassment, allergies
- Implemented the Safe Routes to School Committee coordinating with the City of San Carlos Dept. of Public Works, San Mateo Sheriffs Dept, City of San Carlos Transportation and Circulation Commission, SCSD school administrators and parent representatives.
- Consolidated the SCSD School Lunch program through a comprehensive search for a new school lunch vendor who provides healthy lunch options for all SCSD students including students registered on the National School Lunch Program.
- Facilitated district parent education programs (Race to Nowhere) screenings and follow up discussions with parents, school staff and district administrators. Approximately 800 parents participated in the screenings and/ or follow up meetings at school sites
- Spearheaded Staff Wellness Initiative through the implementation of staff flu shot/ DTP clinic, staff First Aid/ CPR classes and Staff Wellness Wednesday yoga classes and basketball program
- Streamlined school health screening through school nurse agency contracts. This arrangement enabled the SCSD School Nurse to work with students and to computerized health forms on the school websites and data services.
- School Nurse working with 4th grade teachers and middle school PE teachers to articulate and align the biology/ health education unit
- Continued implementation of 160+ community volunteer tutors through school counselors and school based volunteer liaisons.
- Professional development planning and articulation with K-8 counselors and K-8 PE department.
- PE teachers attended state and national school leadership and health/ fitness conferences and shared ideas with colleagues from all school sites.
- Counselors completed the Support Personal Accountability Report Card (SPARC) that quantifies all school counseling services. These reports were recently submitted to the California Department of Education.
- Collaborate with the SM Sheriff Dept on middle school interventions /drug education and support. Meetings were held at each San Carlos middle school site with school counselor, principal, SMC Sheriff's Department School Resource Officer (SRO) and teachers to introduce safety and drug curriculum to 6th and 8th grade students. SRO plans to work with high risk youth in middle schools and teach student helmet safety classes
- Developed and implemented the District wide Emergency Disaster plans in collaboration with community emergency agencies.
- Implement AED mini presentations to all SCSD staff with Glenn Nielson, SHCD
- Coordinate the SCSD truancy, Home/Hospital, Independent Study procedures

Belmont- Redwood Shores:

Jan/Feb 2011				
Action/Activity	**Deadline**	**Target Audience**	**Status (X=complete)**	**# people**
FOX				
Health and Wellness Team Mtg	1/4/2011	Staff	X	5
Party/Celebration Guidelines	1/4/2011	Teachers/Parents	X	450
Talk it Out Training	2/16/2011	Staff	x	20
Conflict Managers Training		Students		
Counseling	2/8/2011	Students	X	20
RALSTON				
PTA meeting (Hot Lunch/RTN)	1/13/2011	Parents	x	20
Hot Lunch discussion	1/6/2011, 1/26/11	Students	X	4
Hearing/Vision Screening	Feb	Students	ongoing	
CIPRIANI				
Staff SWOT	2/2/2011	Staff	x	20
Hearing and Vision	Fall 2010	Students	X	400
Counseling	February	Students	X	
Site Wellness Meeting	March	Staff		
NESBIT				
Wellness Team Meeting/Playworks visit	1/10/2011, 2/3/11	Staff	X	5
Family Fun Day	4/5/2011	Parents/Students		
Nutrition Assembly	2/10/2011	Students	x	400
Talk it Out refresher	3/16, 3/30	Staff	x	20
Hearing and Vision Screening	March	Students	x	140
Counseling	2/10/2011	Staff	X	20
CENTRAL				
SWOT	1/26/2011	Staff	x	
Hearing and Vision	Jan	Students		
Wellness Meeting	March	Staff		
RWS				
Team Meeting	1/13/2011	Staff	X	7
Conflict Manager Training				
Hearing and Vision	March	Students		100

Talk it out Refresher		Staff		
SANDPIPER				
SWOT	1/5/2011	Staff	X	25
PTA Meeting/Jeopardy	1/18/2010	Parents	x	35
Counseling	Feb	Students	X	
Hearing and Vision Screening	April?			
BELMONT REDWOOD SHORES DISTRICT				
Race To Nowhere	2/1/2011	Parents	x	500
Race to Nowhere - Staff Screening	2/9/2011	Staff	X	100
Guest Speaker Challenge Success	2/16/2011	Parents	X	50
District Wide Committee- Health Advisory Committee	Feb. 10	Staff/Parents/Community	x	25
PTA Council Updates	Feb. 8	Principals, Superintendents, PTA	X	20
Staff Wellness				
District Health Fair	Fall 2011	Families		
PE Training	SUMMER	Staff		80
AED Training	Summer	Staff		
Rhythm and Moves Meeting (PE)	2/8/2011	Students	x	2
SEQUOIA HEALTHCARE DISTRICT				
Teen Talk - LOI Due	2/18/2011	District Students	X	X
PE Letter of Intent due	2/18/2011	district students	X	X
Gardner Institute				
District Report Received	Jan	Principals	X	7
Get Healthy San Mateo – County School Task Force				
Meeting @RWS elementary	1/28/2011	Grant Team	X	20

March 1, 2011				
Action/Activity	**Deadline**	**Target Audience**	**Status (X=complete)**	**# people**
FOX				
Health and Wellness Team Mtg	3/29/2011	Staff	X	5
Talk it Out Training	2/16, 3/23	Staff	x	20
Counseling (ONGOING)	ongoing	Students	X	10
RALSTON				
PTA meeting (Hot Lunch/RTN)	April	Parents		20
Hot Lunch discussion	3/28/2011	PTA President, Hot Lunch Supervisor	X	3
SWOT w/7th and 8th grade science	April	Staff		
Hearing/Vision Screening	April	Students		400
Health Fair (with jog-a-thon)	4/27/2011	Students		400
CIPRIANI				
Nutrition assembly	NTS	Students		
Health and Wellness Meeting	3/24/2011	Staff		5
Counseling	Ongoing	Students		
NESBIT				
Health Wellness Team Meeting	3/30/2011	Staff	X	5
Healthy Family Fun Day	4/5/2011	Parents/Students		400
Talk it Out refresher	3/16, 3/30	Staff	x	20
Hearing and Vision Screening	Feb.	Students	x	150
Counseling	ongoing	Staff	X	20
CENTRAL				
Hearing and Vision Screening	March	Students	ongoing	100
Health and Wellness Team Meeting	3/28/2011	Staff		5
RWS				
Health and Wellness Team Meeting		Staff	X	7
Hearing and Vision	March	Students		100
SANDPIPER				
Nutrition Assembly	NTS	Students		400
Counseling	Ongoing	Students	X	
Hearing and Vision Screening	April	Students		500
BELMONT REDWOOD SHORES DISTRICT				
Staff Wellness	NTS	staff		

District Wide Committee - Draft 1 of Revised Wellness Policy Presented	3/17/2011	Staff/Parents/Community	x	25
PTA Council Updates	3/8/2011	PTA	x	10
District Health Fair	Fall 2011	Families		
PE Training	Summer	Staff		80
AED Training	Summer	Staff		
Curriculum Pilot: Great Body Shop	Fall 2011	Students/Staff		2000
SEQUOIA HEALTHCARE DISTRICT				
Proposals Due - PE (4th and 5th grade); Teen Talk for 7th and 8th grade	3/25/2011	district		1000
Get Healthy San Mateo – School Task Force				
County School Health Meeting	3/24/2011	community	X	20

Redwood City:

- January 4, 2 additional school counselors were employed to address the growing need for services at all district schools. RWCSD is finding the need for mental health services
- March 3, hired District PE teacher who will work to train elementary teachers in implementing Fit-Fun activities during classroom time.
- Partnered with UC Cooperative Extension to provide a series of healthy cooking classes for parents at Orion, Garfield, and Fair Oaks School. Will provide the class at other schools each month.
- Improve school climate and safety
- Continued to conduct separate parent and staff workshops to emphasize the relationship between student health and academic performance
- Identified avenues to communicate to school community (parents, staff, students) about the District Wellness Policy to encourage implementation of policy. Some modes will be through posters and a video made by students.
- Continuing to promote consistent health messages between home and school environment.
- Provide additional support for Serve the Peninsula to provide PE programs for elementary community schools for remainder of school year.
- Gardner Center surveys completed and are in process of being analyzed
- Healthy Schools Budget discussions took place on Feb 28th with Superintendent and Deputy Superintended to re-visit funding priorities for the 2011/12 school year

Sequoia Union:

- Wellness Committee (WAC) continues to meet monthly
- WAC hosted a health fair at Sequoia High school to highlight services provided by the Teen Resource Center and Teen Wellness Center. An estimated 700 students visited the fair
- Gardner Center surveys are completed and results will be provided to me on March 25

Healthy Schools Grants

Full proposals were received from 19 applicants totaling more than $1,250,000 in requests. Advisory committee meets April 6 to provide feedback and suggestions for funding those requests.

John Gardner Center, Stanford

Baseline program evaluations (needs assessment) are now complete for all districts. A formal report from the Gardner Center will be provided to SHCD board at June meeting. These baseline data will be used to develop priorities and strategies for implementing programs and services in the 2011-2012 school year.

HeartSafe Program

Activity Summary for February & March 2011

HeartSafe Region Task Force Meetings (monthly)

Attend and participate in regional planning and support.

Software Upgrades for Cardiac Science Units

Program Coordinator continues to manage the mandatory software upgrades to all of our deployed Cardiac Science AEDs, including visiting many of the sites and performing the upgrades himself.

Placement of AED New Units

1) Tierra Linda School in San Carlos
2) Sequoia High School
3) Woodside High School

AED Maintenance of Existing Units (new batteries, electrodes, etc.)

1) Tierra Linda School in San Carlos
2) San Carlos Schools
3) Redwood City Schools (Taft, Orion, Adelante, Garfield, Hawes, Hoover, Kennedy)
4) Belmont Schools (Fox, Central Middle, Ralston Middle)
5) Redwood City School District Offices
6) Redwood City School District Facilities
7) Atherton PD
8) Carlmont High School
9) St. Matthias Church
10) St. Pius Church

AED Placements In-Progress (application stage, site visits, training, etc)

1) Foster City Elementary School
2) Bowditch Middle School
3) Brewer Island Elementary School
4) George Hall Elementary School

In-Service Trainings

1) Arundel School
2) Brittan Acres School
3) Central Middle School
4) San Carlos School District Offices
5) Tierra Linda School
6) White Oaks School
7) McKinley School
8) Boys and Girls Club of East Palo Alto
9) Boys and Girls Club of Menlo Park
10) Boys and Girls Club of Redwood City

Lucas Device Update

Training is complete and the Lucas devices have been deployed by the following Fire Agencies:

1) Menlo Park Fire District
2) Redwood City Fire Department
3) Cal Fire
4) Foster City Fire Department
5) South County Fire (Belmont/San Carlos)
6) Woodside Fire Department

Miscellaneous

I am happy to report that the AED Towers at Woodside High School and Sequoia High School are on-line.