CEO Report for June 1, 2011 Board Meeting

This CEO report will focus on our proposed work plan for the 2011-12 fiscal year. Greater detail on our Healthy Schools Initiative is included in Pamela Kurtzman's school presentation also detailed in this Board packet.

Program and Grant Services

1. The District will continue to support the three south county clinics operated by San Mateo Medical Center with our $2 million in support going to assure that uninsured residents have a medical home that they can rely on for treatment. We will also be prepared to make payment on our pledge of $4.3 million for a new clinic if progress towards building such clinic happens this fiscal year.
2. The District will continue to support the Healthy Kids program by providing $1.35 million dollars so that some 1,500 District children will have health insurance. These children do not qualify for MediCal but live in families that cannot afford the full premium of private insurance.
3. The District will complete our pledge to Sequoia Hospital Foundation by contributing $1.25 million dollars for the newly opened Women's Center. This center includes a state of the art breast cancer treatment and diagnostic component that will provide District residents outstanding care.
4. The District will continue to provide support to local nonprofits engaged with providing critical services to our District residents. We plan to increase our attention on program evaluation and outcomes assuring our taxpayers that we are supporting the very best and cost-effective programs.
5. The District will continue to support Ravenswood Health Center with a grant of $250,000 to pay for operations of their Belle Haven Clinic that serves many District residents from Menlo Park and Redwood City.
6. The District will continue to be the major supporter of Samaritan House's Redwood City Clinic that serves the lower-income residents of our community. In this fiscal year we will increase our support in order to pay for a patient navigator who will focus on breast cancer detection and assistance. We have expanded our partnership with Sequoia Hospital who has agreed to take an increased role in providing support for newly diagnosed breast cancer patients.

7. We will continue to operate our HeartSafe program to make sure that the 300 or more placed AED"s and our three Code Blue Towers are well maintained and that residents and workers are fully trained to come to the aid of a resident experiencing sudden cardiac arrest.
8. We will continue to support the outstanding nurse education program operated by San Francisco State University at Canada College in partnership with Sequoia Hospital and other community providers. We will contribute $1million dollars towards the education of 80 nurses.
9. We will demonstrate our commitment to school health issues by again funding and managing our Healthy Schools Initiative. We will build on the success of our first full year and dramatically increase our involvement in the areas of nutrition and physical education.
10. We will also continue to explore new ways to be of service to our residents with a focus on chronic disease management and health promotion.
11. District will hold our annual grants reception at Ralston Hall in June.

Fiscal Management

1. We will continue to closely monitor our expense budget to keep expenditures within stated guidelines. We will continue to assure that every tax dollar that we receive will be returned to the community for health services.

2. We will work with outside auditors to provide our residents a professional review of our financial dealings and will make sure that such audit is placed on our website for immediate review.

3. We will work with our investment advisor to make sure that we receive a good return on our investments as such return is used to fund our administrative overhead.

4. We will closely monitor the expenditures of our grantees to make sure that they are spending District contributions as agreed to in our contracts and memorandums of understanding.

5. We will continue to serve on the Pension Committee with representatives from Sequoia Hospital.

6. Will continue to monitor our annual EBIDA share with Sequoia Hospital and Catholic HealthCare West.

Communications

1. We will commit to keeping our website up-to-date so that District residents can stay abreast of our work and that of our partners.
2. We will inform our residents of our progress through regular and consistent press releases.
3. We will create and send out an annual report in the fall of 2011 detailing our work in 2010-11 and our planned efforts for 2011-12.
4. We will seek opportunities to make public presentations to District residents to keep them informed of our activities.
5. We will make sure that the minutes of our Board meetings are posted on our website in a timely manner.

Community Involvement

1. We will stay actively involved in a variety of health and education committees dedicated to the well being of our residents.
2. We will continue to offer our conference room to community groups at no cost.
3. Will attend various workshops, meetings and fund raisers presented by our health partners.

Staff Development

1. We will attend conferences and meetings designed to increase our knowledge and skills including health issues, management issues, grant making, and evaluation.
2. We will communicate with other health care districts and monitor their best practices and attend meetings of both the Special District Association and ACHD.
3. We will conduct a staff evaluation of each position towards the goal of improved staff performance and professional development.

Board Relations

1. We will coordinate a minimum of six Board meetings and make sure that all materials are distributed to members at least one week in advance.
2. We will respond to the requests of all Board members.
3. We will keep the Board aware of all activities through frequent emails and phone calls and in–person meetings as needed.

Healthy Schools Initiative
Sequoia Healthcare District

Healthy Schools Initiative

Activity Summary for April- May 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.
- Coordinate the San Carlos Green Initiative with site volunteer coordinators to promote Walk to School days and Drive Less Challenge.
- 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
- 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
- Reviewed various K-8 Health Curriculum Units to be piloted 2011-12 school year with specific grades (Still need to discuss with principal and teachers)
- 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, Suspension /Expulsion procedures
- Development of SCSD Wellness Website (June, 2011)

Belmont- Redwood Shores

Priorities were based on needs assessments conducted with teachers and staff at all school sites and results from the Gardner Institute Survey.

Accomplishments are listed under the 8 components of the Coordinated School Health Model:

Health Education

- Nesbit Healthy Family Fun Day
- Teen Talk sexuality education at Ralston
- Ralston Jog-a thon-and Health Fair
- Handwashing assemblies at all schools

Health Services

- Diabetic management and training
- Hearing and vision screening
- Scoliosis screening

Nutrition Services and Education

- Nutrition education training for staff at Staff Development day in October
- Middle School Hot Lunch evaluation
- Nutrition assemblies at district schools
- Garden project at Sandpiper School
- Staff training in childhood obesity
- Guidelines for Healthy Snacks and Healthy Celebrations for teachers and parents

Counseling and Psychological Services

- Counselors provided at schools with highest need
- Friendship and social groups established

Healthy School Environment

- Staff Screening for Race to Nowhere
- Conflict Resolution and/or Talk it Out Staff Training
- Staff development training in bullying
- Staff development training in conflict resolution

Health Promotion for Staff

- Staff Wellness - Pedometer Challenge

Family & Community Involvement

- District Wide Committee with representation from school staff, administrators, parents and community partners
- Community Screening of *Race to Nowhere*
- Parent Education with Jim Lobdell of Challenge Success
- Parent Education at PTA meetings
- Health and Wellness Teams established at all school sites
- Health Fairs at Nesbit and Ralston

Challenges

- **Physical Education** - how to provide a quality PE program that meets the needs of staff and children in the district.

Goals for next year:

- Develop and implement Health Education curriculum
- Develop and implement of sustainable PE curriculum and training model
- Revise and implement Wellness Policy
- Maintain wellness teams and advisory committees
- Integrate more staff wellness
- Support additional parent education to address "hot" topics
- Organize more site-based health fairs
- Evaluate district standards for health education and PE

Redwood City

- 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.
- Healthy Schools Budget priorities for the 2011/12 school year finalized

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.
- Food Fairs hosted at each of the 5 schools to promote Healthy food options, provide taste testing and promote consumption of locally grown fresh fruits and vegetables.
- Gardner Center surveys are completed and results presented to Wellness Committee on 5/22.

Healthy Schools Grants

Non-profit service providers of school- based programs are an important link to assure all components of the Coordinated School Health Model are addressed. Services include drug and alcohol prevention programs, health education, sexual health education programs, among many others. Based on in-depth discussions with the Healthy Schools Advisory Committee, a total of $400k, divided among 18 organizations, are recommended to receive funding for the 2011/2012 school year. These programs are:

Organization requesting funding	*Amount recommended*	*Type of Program/ Service*	*School(s) services will be provided*	*Summary of program/ services provided*
Sequoia High School	25,000	Counseling/ mental social health	Sequoia High	Serve the Peninsula Team Ascent Program for summer
Center for Youth	$30,000	Health Education	Sequoia Redwood	Life skills program- provides health education related to high risk behaviors to all students in grades 10-12
Hidden Villa	$15,000	School Garden, nutrition Education	Several SHCD area schools	Supports School gardens through RWC Garden Network. Funding would pay for a garden expert to train staff at schools and help integrate garden into nutrition education curriculum
Peninsula Conflict Resolution	$30,000	Counseling/ mental social health	Sequoia, Hoover, McKinley, Kennedy Sequoia, Hoover, McKinley, Kennedy	Provide violence prevention and life skills training to at risk youth
Serve the Peninsula	$40,000	Counseling/ mental social health	Sequoia Woodside Redwood	1. Team Ascent program at Sequoia- promotes social and emotional development for at risk freshmen boys
Menlo-Atherton High	$5,000	Parent Education	Menlo-Atherton	Supports parent ed program that teaches parents how to keep kids healthy and safe.
RWC Education	$15,000	All Wellness		Support SMART Wellness

Foundation			RWCSD Schools	Program mini grants
Adolescent Counseling Services	$25,000	Counseling/ mental social health	All SUHSD Schools including Redwood	Provides on campus counseling services
Woodside High School	$30,000	Counseling/ mental social health	Woodside High School	Counseling and advocacy for Teens
YFES	$50,000	Counseling/ mental social health and fitness	Sequoia High School	Healthy Sequoia Program High School Health and Wellness at Sequoia*fitness and AOD education
Mary Meta Lazarus Child Development Center at College of San Mateo	$10,000	Child development	College of San Mateo	Provides pre-school for 48 low income parents attending San Mateo College. *43% of families live in SHCD boundaries
Teen Talk	$50,000	Health/ Sexual Health Education	RWCSD SCSD BRSSD	Will expand comprehensive sexual education to middle school students in RWC, Belmont, San Carlos
Redwood High School	$7,750	Health Education	Sequoia Union HS District	Teen Parent Program- Education support program for Pregnant and parent teens
Cleo Eulau Center	10,000	Counseling / Mental, social health	Sequoia High	Provides counseling services at court and community schools in SMC
Footsteps Afterschool	15,000	Awards grants to implement healthy eating programs in afterschool	County wide afterschool programs	Healthy Apple Award (H.A.P.E.) stipends in conjunction with SMC Health Dept.
UC Cooperative Extension	$15,000	Garden based nutrition education	SUHSD RWCSD SCSD BRRSD	Hands on garden based nutrition education. Provides teacher/parent training, programming, and curriculum
Collective Roots	$15,000	School Gardens	Clifford School Fair Oaks Garfield	Healthy Gardens Healthy People Curriculum

El Centro de Libertad	$15,000	AOD Counseling/ Prevention	Sequoia, Woodside, John Gill	Prevention Education Services Program teaches Drug and alcohol prevention in classroom to 13-19 year olds

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 and to measure outcomes in subsequent years.