CEO Report: April 2012

Much of the focus over the past two months has been on the reworking of our grants program. After meeting with staff, committee members and consultants on several occasions, we have made great progress on the development of this program as outlined in the grants report.

Additionally, we have met with several groups to discuss future projects including Ravenswood Family Health Center and Samaritan House which will recognize the District for our ten years of support at their annual awards dinner in May. Ravenswood also recently recognized the District as part of their ten year anniversary event.

I have worked closely with the SFSU Nursing program encouraging them to grant preferred status to District residents applying for admission. I am happy to report that for the first time, the majority of new students will be District residents.

The District has led three chronic disease management six week workshops, one at Little House in Menlo Park, one in Redwood City in partnership with sequoia Health and Wellness and one in San Carlos at the Senior Center. The classes have been very well received.

I have participated on the Sequoia Hospital/CHW Grants committee, Special District Association committee, hospital pension committee and recently joined the ACHD Education Committee while continuing to serve as a First 5 Commissioner, where I have serve on the strategic planning committee. I have also attended Redwood city 2020 meetings as a member of their Cabinet.

During this time period, I also visited El Centro de Libertad, 2nd Harvest, Caminar and the Boys and Girls Club to become more familiar with their programs.

Finally, I am happy to share that the Redwood City Education Foundation will thank the District for our support at their event in May.

Healthy Schools Initiative
Sequoia Healthcare District

Healthy Schools Initiative

Activity Summary for February- March 2012

Program Development- Priority areas have been determined for the Initiative and will direct our focus and strategies as well as our grant funding focus. These areas are: Nutrition Services, Mental Health (emotional, social, violence, substance use), and Physical Education. We are looking to improve program efficiency and make lasting and sustainable impacts in these areas.

- Wellness Coordinators have been creating and leading advisory teams and focus groups in their respective districts to address mental health needs of both students and staff with the goal of identifying partners and developing action plans to most effectively and efficiently address district mental health needs. Never in the school districts has this much attention and effort been given to effectively support the social and emotional needs of students.
- Jennifer has been working meticulously (see her report below) on constructing a plan with non-profit partners to collaboratively address nutrition services and nutrition education opportunities in the schools. Areas of focus will be on nutrition education for parents, integrating consistent and clear nutrition education messages into physical education and science curriculums and through school garden lessons.
- I have been developing a plan to create a partnership with Redwood City Parks and Rec and Peninsula Community Center to provide a comprehensive and consistent physical education program for kindergarten through 5th grade students in the Redwood City School District. We have identified the schools, laid the foundation of the program components, staffing, training, and budget. I have completed the written proposal and I am excited to share the plan with the board at the April 4th meeting.

Marketing and Communications-

- We will be contracting with the graphic designer who produced the HSI logo to assist with brochure and poster development that will be used to market healthy messages that are consistent and directed toward healthy lifestyles versus the negative obesity strategy.
- Messages will be woven into the school day through existing channels
- New Tag-line: Healthy Schools Initiative; *because H*ealthy Students Learn Better

Gardner Center- JGC researchers have conducted focus group sessions with each of the school districts. An update of their work will be shared with SHCD Board members at the June 6th Board Meeting. Interim findings are still planned to be shared with partners in fall 2012, with a final report and briefing in fall 2013.

Healthy Schools Grantees- Letters of intent were due on March 19th. We received a total of 27 applications totaling $946,500.

- I have met with Wellness Coordinators individually to review applications relative to their school district. The goal is to assess program alignment with overall initiative and organization's capacity to impact district-wide programs.
- Twenty-two applicants will be asked to submit full proposals which will be due on April 27th.

Nutrition Services- Report by Jennifer Gabet - 3/23/12

Presentations:

- Presented an update on the School Garden Planning Grant and solicited input from attendees at the Redwood City Garden Network Meeting.
- San Carlos PTA meetings with Mary Carbullido at Heather Elementary and Arundel. Presented an overview of the Healthy Schools Initiative, recruitment for a "Wellness Champion," and Rethink Your Drink demonstration.
- Conducted a training with Sequoia Union High School District Physical Education Student Athletic Committee training on incorporating nutrition into the PE Curriculum.
- Get Healthy San Mateo County Afterschool Committee "Healthy Apple Award" training.

Facilitated Meetings:

- HSI School Garden Planning Grant Meetings and Work Group Letters of Intent and draft budget completed.

Written Materials:

- Created "Non-Food Rewards" and "Healthy Fundraising Ideas" Handouts for San Carlos School District to accompany the draft of the Administrative Regulations that is currently being reviewed by the PTAs and School Site Councils.

Program Development:

- Worked with Pamela to incorporate nutrition education into the PE for Redwood City proposal.
- Continued to meet with stakeholders, review programs, review curricula, and analyze best practices and ideas for improvements in garden-enhanced nutrition education.
- Continued to work on a Rethink Your Drink campaign for San Carlos School District in collaboration with San Mateo County Public Health. Obtained Potter the Otter books for Pre-K and K teachers and parents.

School District Reports (abridged)

CSH Component Areas:	School Districts	Major accomplishment- Feb-March	# Impacted
Nutrition Services	Redwood City	1. Met with Bill Dudley, Scott Rodriquez (CSC) and Don Dias at Hawes to build garden at Hawes 2. Dairy Council of CA nutrition education programs ordered for all 4th and 5th grade classrooms 3. Dairy Council of CA nutrition education program resupply marketing effort 4. Power Play! Nutrition education programs for all 4th grade classrooms as part of Make Time for Fitness Spring training. 5. Make Time for Fitness event planning - March lunchtime recess activities at 4 community schools planned and implemented (Fit Fun Power Hours) 6. Team leader for San Mateo County Healthy Weight Collaborative - implement pilot at Community School	1,700 students for Fit Fun Power Hours
	Belmont-Redwood Shores	1. Hot Lunch RFP out -looking for single vendor for district 2. Hot Lunch Survey and Taste Tests	1. 3,500
	San Carlos	Partnered with Jennifer Gabet and HSI Intern Jessica Shipley to present hands-on activities and food tastings.	180
	Sequoia Union	1. Planning for a district wide effort to provide students with durable water bottles for use with site-based water stations. 2. Initiated a collaboration between Jennifer Gabet and the PE depts. to provide nutrition education to all 9th graders. 3. Participating in the student based Food Advisory Committee (FAC), which is presenting a letter to the School Board regarding issues of "Lines and Signs"	8200 2050 8200
Physical Education/Activity	Redwood City	1. Make Time for Fitness field trip event planning with community partners and school district staff. 2. PE program partnership - Serve the Peninsula, Parks and Rec, SHCD and RCSD proposal completed. 3. Accelerated Schools Grant - compiling stories and information to write a grant proposal focusing on the Make Time for Fitness walking courses.	1,012 (4th grade students)

	Belmont-Redwood Shores	1. Grant team and teachers are developing a PE curriculum tailored to the needs of BRSSD and aligning to state and national standards 2. Piloting Zamzee at Ralston	All K-5 students (2,000) 200 Students
	San Carlos	Installed walk/run path at Central Middle School, used each day by PE teachers	650
	Sequoia Union	1. Formed a Wellness team which will participate in the upcoming Sequoia Stampede on April 14th, which raises funds for Sequoia's athletic programs	2,000
Health Education	Redwood City	Kindergarten nutrition and dental health lesson conducted by school district nurses and nursing students from SFSU	1,000
	Belmont-Redwood Shores	1. Teen Talk at Ralston Middle School 2. Updating Adolescent Development for 5th grade	1. 300-500 7th grade students 2. 360 5th grade students
	San Carlos	Nutrition Ed subcommittee met to plan a sustainable communication program to continue the message regarding healthy eating habits and nutrition awareness.	
	Sequoia Union	1. Continuing to address Life Skills curriculum issues such as finding resources for the Social Studies and PE teachers, and streamlining the curriculum to standardize across the sites, thereby avoiding redundancy. 2. Meeting with Center for Youth to explore the possibility of collaboration across all sites.	2,050 2,050
Nursing/ Health Services	Redwood City	1. Big Smiles Dental program - implemented Big Smiles oral health program at Selby Lane (checked references and drafted MOU) 2. Secured K to College dental kits for homeless and foster students -distributed	1. 40 2. 22
	Belmont-Redwood Shores	RN and LVN are providing CPR/First Aid/AED training, Epi Pen and seizure training.	40 staff
	San Carlos	Implemented efficient parent notification system for incidences of contagious illnesses at schools.	Approx 3,000 families

	Sequoia Union	1. Provided food allergy education and EpiPen training to all health aides. 2. Exploring concussion protocols in the district. 3. Participated in Sequoia's Health Fair, and provided asthma education.	8.200 8,200
Health Promotion for Staff	Redwood City	Attended Extended Day leadership workshop with CSCs and community school principals	
	Belmont-Redwood Shores	Implemented staff yoga	20 staff
	San Carlos	Continue to offer free boot camp to SCSD employees (3 days per week).	130 staff
	Sequoia Union	1. Got official district approval for a Staff Wellness Fair on 8/21/12, and beginning planning of that event. 2. Met with the San Mate Union HS District in Feb. to discuss their experience with Staff Wellness Fairs.	800
Counseling, psychological and social services	Redwood City	Working with Sandra Portasio to develop coordinated approach to mental health services and continuity of care for high risk students.	
	Belmont-Redwood Shores	Contracted with StarVista to provided additional counseling services at 3 schools	20
	San Carlos	Collaboration with 4 district counselors to offer parent education events focused on anti-bullying, conflict resolution, and related topics.	
	Sequoia Union	1. Leading and building membership in our mental health advisory committee(MAC). Encouraging collaboration not only within sites, but with outside agencies and resources. 2. Had all sites present at MAC, sharing site-specific mental health flow charts in order to discuss best practices. 3. Attended a special preview showing of "Bully" in Palo Alto with the director/producer. 4. Helped with formulation of our district's anti-bullying policy which will be presented to the Board. 5. Collaborating with Common Sense Media regarding Cyberbullying and Digital Citizenship. 6. Obtained final district approval for a staff drug recognition training day, 6/14/12, led by the CHP from Sacramento, 8:30am to 4pm	8200

Safe and Healthy School Environment	Redwood City	Continuing work with Dream Volunteers (Brian Buntz) to support his Champions Not Bullies project - teen presenters showing video followed by group discussion regarding anti-bullying. Plans also include parent education opportunities at each school site.	
	Belmont-Redwood Shores	1. Young Dreamers Network anti-bullying program visited Fox elementary School 2. Working with Ralston anti-bullying team 3. Supported Staff development at Ralston	1. 120 students 10 staff/ 1100 students
	San Carlos	Ordered HeartSafe defibrillator for district office(all other school locations have them) and coordinating CPR re-training for district staff	130
	Sequoia Union	1. Set goal to have all sites participate in the Great California Shake-Out Drill on 10/18, at 10:18am. 2. Working with Enrique Navas on disaster prep planning.	8,200
Family/Community Engagement	Redwood City	1. Formed new advisory team for school health and wellness 2. Team members: School Nurse, Foodservice director Principals - Josh Griffith and Lynne Griffiths; teachers; community school coordinator and school counselor. April 18, 2012 - first meeting	
	Belmont-Redwood Shores	1. Parent Education- "Raising Resilient Kids" 2. Health Fairs 3. Ralston Jog-a-thon	30 parents 50+ 200+ Students
	San Carlos	Met with San Carlos Garden Club to discuss partnership with SCSD schools. Plan to engage club members to build/update gardens at selected schools.	
	Sequoia Union	1. Facilitating district-wide parent education, with outreach to all families, including English learners. 2. Obtained final district approval and working with our district parent ed coordinator on a Compass parent ed night on 6/13/12, 6 to 7:30pm. Topic: Drug Recognition.	8,200 200+ attendees
Marketing and Communications	Redwood City	Began developing communications plan for Wellness Activities within District	9200
	Belmont-Redwood Shores	Completed a Newsletter last spring. Planning to launch a website in late-Spring 2012 as a health and wellness resource for the community	3000

	San Carlos	Continue to develop District Wellness website. Additions during this reporting period include: seasonal flu updates and information, district allergy policy.	3,000 families
	Sequoia Union	1. Formulating strategies to increase the visibility of the Sequoia Healthcare District within the SUHSD. 2. Established a new Wellness website: wellness.seq.org.	8200

HeartSafe Program

Activity Summary for February & March 2012

HeartSafe Region Task Force Meetings

Attend and participate in regional planning and support.

New AED Placements

1) Redwood High School
2) San Carlos District Offices
3) Daily Method (two locations)

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

1) Northstar Academy
2) McKinley Inst. Of Technology (3 locations)
3) Belmont Library
4) Kennedy Middle School (3 locations)
5) Roy Cloud School (2 locations)
6) San Carlos Library (2 locations)
7) San Carlos City Hall (2 locations)
8) San Carlos Youth Center
9) San Carlos Adult Center
10) San Carlos Corporation Yard
11) San Carlos Kiwanis Building
12) Cipriani Afterschool Care
13) Nesbit Club Puma
14) Footsteps Daycare (2 locations)
15) White Oaks Elementary
16) Lauriola Park
17) Belmont Corporation Yard

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

1) The Church of the Epiphany
2) Redwood City Lion's Club
3) Woodland School

AED / CPR and In-Service Trainings

1) San Carlos District Offices
2) Woodside High School
3) Kennedy School
4) San Mateo County Lions Club Guardian Angel Program
5) Roy Cloud School
6) Hoover School
7) Orion School

Scheduled Trainings

1) Sequoia HS District Offices
2) San Carlos Library
3) Belmont-Redwood Shores Schools

Miscellaneous

1) The Woodside Road (bicycle rest area) AED tower project continues to experience technical problems. Construction of the pad and placement of the tower was completed in mid September, but technicians are experiencing communication issues.

2) I am happy to report that the Fire Chiefs within the SHC District have come to a decision on the best way to distribute the new Lucas Devices. Distribution will be as follows:
   a) 6 units to Cal Fire
   b) 2 units to Redwood City Fire

   Should the FY 2012/2013 HeartSafe budget again include the same amount of funding for Lucas Devices, they will be distributed to the San Carlos, Belmont and Redwood City Fire Departments.

3) Here is an accounting of AED placements. Please remember that many locales have multiple units deployed:

Schools: 61	Private Businesses: 7
Law Enforcement Agencies: 7	Fire Agencies: 3
Gov't/Parks/Public Buildings: 61	Community Programs/Churches/CERT: 21