



September 16, 2021

▶ Comprehensive
Health Education
Advisory Committee

Welcome

- **Elissa Cox; Director of Secondary Programs** (Facilitator of Physical & Health Education Grades 7 - 12)
- **Chad Carper; Director of Student Services** (Facilitator of Social Emotional Health & Learning)
- **Dr. Latoya Dixon; Director of Elementary Programs** (Facilitator of Physical & Health Education Grades K – 6)
- **Latisha Holt; Director of Food Service** (Facilitator of Food Service Programs & Healthy Snack Programs)

Today's Focus

- 5 – 2- 1- 0 + 10 Opportunity and Next Steps
- Social-Emotional Learning Update
- Keystone Partners



5 – 2 – 1 – 0 + 10 Opportunity

- 5-2-1-0+10 is a national childhood obesity prevention campaign affiliate with Michelle Obama's "Let's Move!" Initiative.
- <https://atriumhealth.org/community/health/obesity/healthy-together>
- This program focuses on healthy eating and physical activity for all of our students.
- Dr. David Keely is a guest speaker to encourage and inform Elementary and Intermediate Schools to join the program.
- There are curriculums and resources available for implementation.
- Harold C Johnson has participated in the program previously.



Updates on Food And Nutrition Requirements for Schools

- Milk Flexibility
 - Permanently allowing flavored, low-fat milk for ages 6 and older. Allowing the variety of milk provides more menu planning options, promotes students milk consumption, and lead to better health outcomes. YSD1 has now added lowfat strawberry milk within all schools and have seen an increase in milk consumption. We received positive feedback from the students. We offer Fat Free Milk, Lowfat Chocolate Milk, and Lowfat Strawberry Milk.
- Updated Final Rule for Whole Grains. Reduction of whole grain- rich
 - This final rule will require that half of the weekly grains in the school lunch and breakfast menu be whole grain-rich. Several commenters, including a food industry association, school district personnel, and individual commenters, reasoned that whole grain-rich exemptions should be allowed because some products (e.g., pasta, bread, sushi rice, tortillas, and biscuits) and regional products (e.g., grits in the South), are not acceptable to students in a whole grain-rich form. Currently, we are still providing whole grain-rich biscuits for our breakfast sandwiches but does not count as a grain. We are providing an additional whole grain item to compensate. YSD1 students petitioned in 2018/2019 to keep whole grained enriched biscuits, rice and pasta.

Social-Emotional Learning Update

- York One has partnered with Panorama Education in order to provide teachers a tool to screen students and identify their social and emotional needs.
- Student screeners completed.
- SEL lessons and support will be provided for each student and teacher.





Panorama Social-Emotional Learning: Student Competency & Well-Being Measures

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

2. If you fail at an important goal, how likely are you to try again?

Not at all likely
 Slightly likely
 Somewhat likely
 Quite likely
 Extremely likely

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

Not at all focused
 Slightly focused
 Somewhat focused
 Quite focused
 Extremely focused

4. If you have a problem while working towards an important goal, how well can you keep working?

Not well at all
 Slightly well
 Somewhat well
 Quite well
 Extremely well

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:

5. Being talented

Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

6. Giving a lot of effort

Not at all possible to change
 A little possible to change
 Somewhat possible to change
 Quite possible to change
 Completely possible to change

7. Behaving well in class

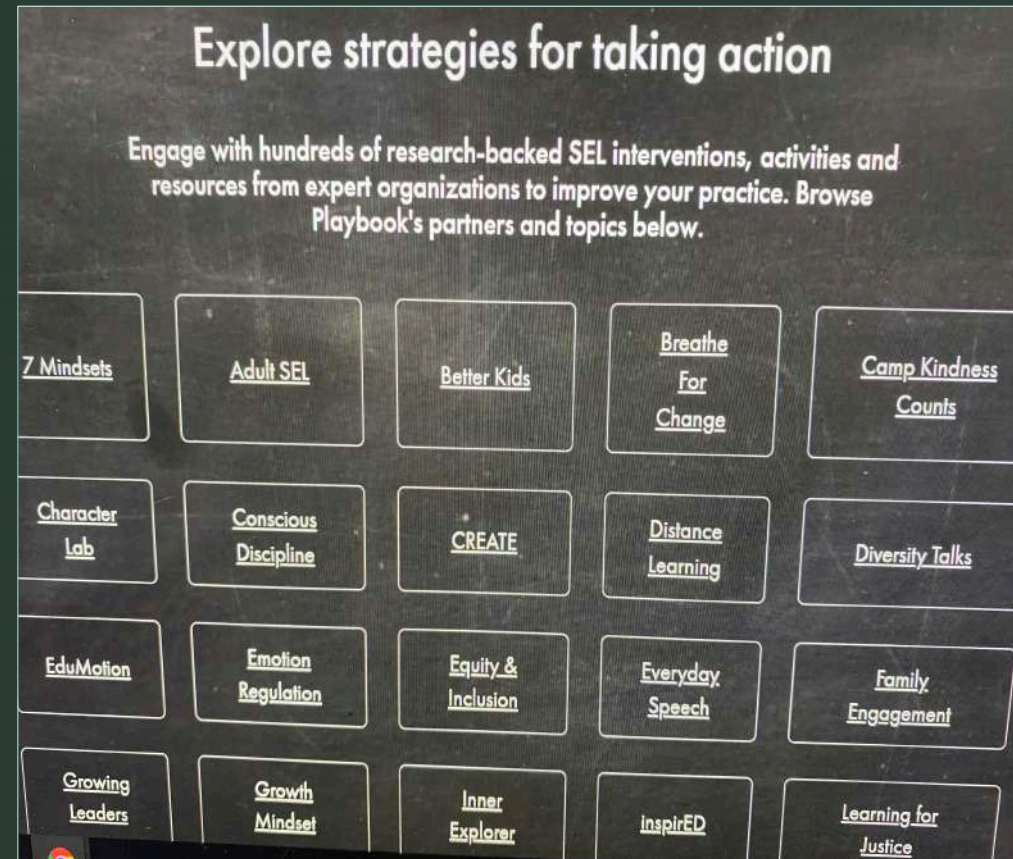
Not at all possible to change
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Fall 2021 SEL Surveys K-2, 3-5 and 6-12

- Surveys will be released on Monday September 20th.
- K-2 Surveys will be based on teacher perception.
- 3-5 (33 questions-11 mins)
- 6-12 (35 questions – 12 min)
- The survey link plus a Student ID will get our students into the survey.

SEL Lessons That Rock!

- Teachers can use the Panorama Playbook to find super lessons that meet the needs of their students.
- Implementation Calendars
- Lessons start October 11th.





Our Keystone Partners

- Alison Hurayt, Keystone Representative and Point of Contact
- Leslie Mastbaum - counselor assigned to York 1 and housed at YCHS
- LifeSkills lessons are taught by Keystone partners in Grade 6
- VAPE/Substance intervention available at any level





Committee Meeting Dates

- November 18, 2021
- February 24, 2022 (Tentative)
- April 28, 2022 (Tentative)