

FROM YOUR HEALTHCARE DISTRICT



Dear Community,

Last Winter we distributed a **newsletter** to families about our concerns regarding e-cigarette/vape devices and our youth. Given the national headlines about recent hospitalizations and deaths linked to vaping, we would like to give you additional resources and information. Many community partners are working together on this issue. San Mateo County Office of Education and Sequoia Healthcare District co-sponsored a recent Vaping Prevention Summit for educators. Parent and community events on this topic are also scheduled this fall and spring. Whether you have a grade-school child or a high school teen, I encourage you to learn how we, as a community, can combat this growing and concerning trend.

Sincerely,

Karen E. Li, MD, Director of School Health seqhd.org



[Click here to view Upcoming Parent Education Events](#)

Health Advisory

Since June of this year, 1,604 cases of vaping-related lung injuries have been reported to the Centers for Disease Control (CDC) from 49 states. 34 deaths have been confirmed in 24 states (as of Oct 22, 2019). Most have reported using THC or CBD, while some have reported using nicotine alone. No single device type or substance has been reported consistently.

CDC and California Department of Public Health are urging everyone to quit vaping altogether, no matter the substance or source. Vaping nicotine and cannabis is particularly dangerous for youth, whose developing brains are more vulnerable to these neurotoxins. [Click here to learn more.](#)



Free Texting Program to Help Youth Quit Vaping

This is Quitting is a free mobile program from Truth Initiative designed for youth and parents to help youth quit vaping. The text-messaging program incorporates messages from other youth who have quit e-cigarettes. [Click here to learn more.](#)

How to Talk to Teens About Vaping

[Click here for more info.](#)

- 1) Establish an open dialogue. Be willing to listen.
- 2) Explain the health risks because some kids really don't know. Teach, don't preach!
- 3) Highlight vaping's ties to Big Tobacco.
- 4) Help your kid practice saying "No".
- 5) Get help. Resources are available at sequoiastrong.org

New, Free Resource For Parents & Youth!

Sequoia Strong™ is a FREE, online resource guide that connects residents of all ages to free and low-cost activities and services in our area. All resources are personally recommended by the Sequoia Healthcare District. Resources for parents and youth include:

- Parent Education Event Postings
- Academic Support and Special Needs
- Mental Health Services
- Drug Prevention Information
- Extra-Curricular Activities





BRSSD Welcomes New Education Services Wellness Coordinator



The Belmont-Redwood Shores School District welcomes **Kristen Sevilla** into the new role of Education Services Wellness Coordinator.

This is her 3rd year in the district, previously serving as the Assistant Principal at Sandpiper School. She has held various roles throughout San Mateo County, all of which have led to a core belief that a robust and meaningful education equally supports academic, social-emotional and behavioral growth. Kristen is excited to partner with SHD and combine her experiences within and across education to make a district-wide impact on supporting programs aimed at educating the whole child.

Health Connected *Puberty Talk* Pilot

We are excited to pilot at one school site this year the Health Connected *Puberty Talk* curriculum. This program is a comprehensive sexuality education curriculum designed to educate 5th grade students about sexuality, sexual health, and the changes that 10-13 year-olds face during puberty.



The curriculum is unique in the way that it incorporates a parent/trusted adult interview homework assignment on puberty topics and encourages parent and trusted adult communication.

Traditionally our students received this instruction through our health curriculum, *Great Body Shop*. Students not involved in the pilot will still receive content.

Strengthening Our SEL Practices

We are excited to implement a research-based counseling program across the district rooted in our social-emotional learning curriculum, *Second Step*. At all grade levels, our school-based counselors will partner with classroom teachers to deliver lessons and engage students in applied SEL practices. The outcome will be a stronger school community and a sense of belonging for our students.

Footsteps PE

BRSSD continues its partnership with Footsteps ensuring all TK through 5th-grade students receive 30 minutes of their weekly PE instruction from Footsteps coaches. Students meet physical education requirements through engaging activities that not only promote physical health but teamwork. Our teachers benefit from partnering with the quality coaches Footsteps provides.

SCSD Partners with Circle Up for Implicit Bias Training

On August 15, we welcomed all of our middle school educators back to school with a dynamic training facilitated by [Circle Up](#) where we explored the topics of Diversity, Inclusion, Stereotypes, Implicit Bias, and Microaggressions. Humor and interactive demonstrations brought us closer together in understanding unconscious forms of discrimination, their origins and the impacts they have on our relationships with colleagues and with our students and their families.

Staff reported overwhelming appreciation for Sequoia Healthcare District for funding this training, and we are looking forward to following up with a second training in January.

Meanwhile, our Wellness Committee has launched a working group focused on Diversity, Equity & Inclusion. If you are interested in participating, please reach out to SCSD Wellness Director, [Mindy Hill](#).



Parent Education Events Abound

Thanks to overwhelming support from our PTA Coordinating Council, we are able to host more Parent Education events than ever before. Many organizations around San Carlos are also hosting exciting events. [Click here](#) for a list of events and resources to keep you engaged in your child's education and learn about resources for your family's health and well-being.

Walkability, Wellness, Wealth and the City's Pedestrian & Bike Master Plan

There's a lot to cheer about in San Carlos recently as we have expanded our Safe Routes to School efforts beyond our traditional Walk and Bike to School events to partner with the City in their [Bicycle and Pedestrian Master Plan](#) process, and co-host several bicycle education events with [San Carlos Bikes](#).



Further expanding our reach into the classroom with project-based learning curriculum created by our San Mateo County Office of Education, we can now promote active transportation in a meaningful way that gives students a new perspective on how they can be safer and promote bikeable and walkable communities.

We've known for a long time that when students bike or walk to school they get a boost in both health and academic performance. Now, a [new study](#) finds that "even considering other factors, the walkability of a child's neighborhood has a direct correlation to increased adult earnings."

Our hope is to create a community where biking and walking, scootering and skateboarding, all become the safest, most efficient, and preferred ways to travel through San Carlos.

If you're interested in helping with upcoming walk audits near our schools or promoting pedestrian and bicycle education events, please contact SCSD Wellness Director, [Mindy Hill](#).

LAUREL ELEMENTARY SCHOOL

School-wide Life Skills Program, K-1st:

Second Step lessons in all K and 1st grade classrooms with Calming Down Skills and Problem Solving Steps

School Wide Life Skills Lessons, 2nd-5th:

Self-Awareness, Courage, Compassion, Flexibility, Cooperation, Gratitude, Integrity, Perseverance, Problem-Solving, and Personal Best.

Positive recognition of students using Life Skills (tickets, wristbands, raffles, etc.)

Small Group Counseling:

- Emotion management
- Impulsivity
- Changing Families
- Friendship
- Social Skills
- Individual counseling
- Behavior charts
- Community Circles
- Restorative Practices
- Great Kindness Challenge

OAK KNOLL ELEMENTARY SCHOOL

School-wide Life Skills Program, Kinder:

Kimochi lessons (these are weekly for 17 weeks)

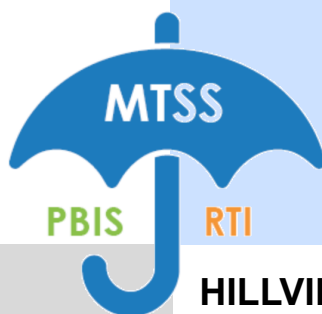
1st-5th Grade Monthly Lesson Topics: Community Building, Problem Solving, Growth Mindset, Being a Good Friend, Being a Courageous Citizen

School Counseling:

Friendship Groups and Individual Counseling

School-wide Toolbox Curriculum via KNOL (school TV) Lessons: Breathing, Listening, Use Your Words, and the Empathy Tools.

Some books to reinforce the tools are: *Anh's Anger* by Gail Silver (*Breathing*), *Listening Walk* by Paul Showers (*Listening*), *Peace Rose* by Alice Jewel (*Use Your Words*) and *I am Human* by Susan Verde (*Empathy*).



MTSS (Multi-Tiered Systems of Support) in MPCSD include academic, social-emotional, and behavioral supports as a foundation for students to thrive.

ENCINAL ELEMENTARY SCHOOL

2019-2020 Life Skills:

Inclusion, Perseverance, Gratitude

SEL Practices:

School Norms, Community Building Circles, Self Regulation, Conflict Resolution

Special Programs:

New Games-- social skills building lunch club, Fly--Positive Behavior Intervention and Social-Emotional Support program.

School Counseling Groups and Social Skills:

- Enhancing Problem Solving Skills
- Self Advocacy
- Making and Keeping Friends
- Changing Families
- Coping Skills for Stress
- Anger Management
- Focus and Self Control
- Inside - Outside Art
- Big Feelings

HILLVIEW MIDDLE SCHOOL

Monthly Life Skills Taught Through Advisory Program:

Ownership, Resilience, Curiosity, Critical Thinking, Compassion, Upstanders vs. Bystanders, Self Worth

Daily Mentoring Class for Academics:

Targets students with 1s and 2s on SBAC

Thrive SEL Elective:

Academic Support, Community Building, Boys & Girls Groups

School Counseling in Small Groups:

Transition to Middle School, Grief, Friendship, Divorce

Individual Counseling with ALPC:

Focus on self care and Healthy Habits

Special Events:

- World Kindness Challenge
- World Mental Health Week
- Transgender Awareness Month
- Red Ribbon Week

LLESD Parent Education Series Event



A Community Service-Learning Workshop

Ashley Raggio, Director, Doing Good Together – Silicon Valley

Thursday, November 21, 2019, 6:30pm - 8:00pm
La Entrada School
2200 Sharon Road, Menlo Park

Info & Tickets:

<https://doinggoodtogether2019llesd.eventbrite.com>

Free admission and light refreshments!

Safe Routes to School

LLESD is proud to participate in the San Mateo County Safe Routes to School program, funded by a generous grant, which allows us to offer education and encouragement programs to help increase walking/ bicycling to school.

Here are the links where you can find our new Walk and Roll maps, created in collaboration with the City of Menlo Park: [La Entrada](#) and [Las Lomitas](#)



Parents everywhere say they want their children to be kind, compassionate adults.⁽¹⁾
But children aren't getting the message.



BUT THERE IS GOOD NEWS!

Emerging research makes it clear that our capacity for empathy is like a muscle. We can teach our children to be more caring and more focused on the common good.

The more you practice, the more compassion grows!

And our simple Doing Good Together™ tools make "practicing" kindness fun!

Join us for a community service-learning workshop with [Doing Good Together – Silicon Valley](#), a non-profit organization that helps families raise compassionate, engaged children. Learn how to become more intentional in teaching youth about giving, and gain practical, simple strategies for getting kids of all ages involved in their communities.

This special workshop is offered with support from the LLESD Wellness Committee. LLESD Parent Education Series events are sponsored by Las Lomitas PTA, La Entrada PTA, and Las Lomitas Elementary School District.

Fruit for All: A Farm to School Program

LLESD is partnering with the Fruit Guys: A Farm to School Program to provide fresh fruit to all students each morning, so that students have delicious, healthy snack options before school.

Las Lomitas Parents, please remind your students that fresh fruit is available in the office before and during recess. [Studies](#) have shown that children learn better in school when they are fueled by healthy nutrition.

Special Thanks

LLESD and Sequoia Healthcare District would like to thank Maynell Palmer for her years of service as Wellness Coordinator for the District. She will truly be missed. LLESD is in the process of interviewing candidates for the position, and we expect to have it filled in the near future. In the meantime, please contact Robin Spindler, Director of Student Services, or Kelly Muenzen, School Nurse, with questions.

District's Vaping Education



In September, our middle school science teacher, Teresa Richard and Assistant Principal Shima attended a summit at the San Mateo County Office on "The Vaping Phenomenon: What it is, Why It Happened, and What you can do about it."

Dr. Bonnie Halpern-Felsher from Stanford, provided updated information on E-cigarettes which are electronic devices that heat e-liquid which often contains nicotine. When heated, the e-liquid turns into aerosol (vapor) that users breathe in. There has been a dramatic increase in youth e-cig users with 1 in 5 high school students currently using e-cigarettes, and 1 in 20 middle school students currently using e-cigarettes.

At Corte Madera School, we administer the California Healthy Kids Survey every 2 years to our 7th grade class. Information from our 2017-2018 report shows that 94% of students report they have not used an electronic cigarette or other vaping device, and 94% of our students have not smoked a cigarette. Furthermore, our data shows that 100% of our students have not used an e-cigarette or vaping device to smoke marijuana. We continue to educate our students on the harmful effects of drug, alcohol and tobacco use.

At the end of May, Ms. Richard will spend over a week reviewing drug and alcohol awareness with the 7th graders, and Vaping, E-cigarettes, and Marijuana with the 8th grade class- using the Tobacco Prevention Toolkit. Please make sure to reach out to us if you feel your child may be experimenting with drugs, alcohol, or tobacco as we have many resources available to families.

"Like" Movie Screening

On Tuesday, December 3rd at 6:30pm, PVSD will be showing the movie "Like" in the CMS MUR.

This movie explores the impact of social media in our lives and how we can find balance and learn self-regulation. We will also have a student panel from *Safe Space* join the discussion after the showing and we will be showing the film to staff and students.

We hope to see you there!

The movie poster for "Like" features a dark blue background with a large, glowing blue thumbs-up icon. Below the icon, the word "LIKE" is written in large, bold, blue capital letters. At the bottom of the poster, the text "A DOCUMENTARY ABOUT OUR LIVES ON SOCIAL MEDIA" is written in a smaller, white font. The background also shows silhouettes of people walking on a path.

A DOCUMENTARY ABOUT OUR LIVES ON SOCIAL MEDIA

Kognito Trainings for Staff

Next semester, PVSD staff will complete a series of *Kognito* trainings. *Kognito* is a virtual simulation training that teaches staff how to have more empathetic conversations with students through role-playing, practice, and feedback. They will get an overview of spotting warning signs of students that may be in distress, how to talk with students that are struggling, how to improve their experiences in the classroom, and when to refer out.

The goal of this training is for teachers and staff to build their skills and become more confident working with students that may have mental health concerns, suicidal ideation, and improve overall student wellness and school safety.

Thank you to Sequoia Healthcare District for sponsoring this training.

Common Ground Series

WALK THE TALK THURSDAYS (WTTT)

To fully capitalize on the 2019-20 expanded Common Ground slate, WES Parent Education is excited to inaugurate "Walk the Talk Thursdays." This is an informal opportunity to discuss insights gained and questions raised during Common Ground presentations — and basically pick each other's brains while we walk the Albion Loop, ending at the HUB for wrap-up. Meet at Sellman at 8:45am.

Upcoming Common Ground events:

Late Bloomers: Patience for Alternative Paths

Date: November 12, 7 p.m.

Location: Menlo School, 50 Valparaiso Ave, Atherton

Under Pressure: Confronting Stress and Anxiety in Girls

Date: December 10, 9:30 am

Location: The Nueva School, 131 E 28th Ave, San Mateo

Date: December 10, 7 p.m.

Location: Sacred Heart School, 150 Valparaiso Ave, Atherton

SUHS Parent Education Series: What should you know about JUUL and vaping? Stanford's Tobacco Prevention Toolkit presents [What's All the Buzz with JUUL & Smilar Vape Devices?](#) (Woodside High School MUR, Nov. 20).

Labyrinth and SEL

This summer a labyrinth was installed behind the school garden. Students and staff were trained to use the labyrinth. They were taught to begin on the pausing stone then set an intention. Intentions include conflict resolution, practicing mindfulness, calming your "engine", preparing for a test, having quiet time with yourself, thinking of ways to solve a personal problem, or just walking with a friend.

Students have reported that after walking the labyrinth they calm down, become more relaxed and less angry or frustrated, gain insight for solving problems, feel closer to friends and are more aware of the things for which they are grateful.

Circle Up

On September 30th, *Circle up* facilitated a Diversity Uncovered professional development session with the Woodside staff. During the training, staff was introduced to the concepts of implicit bias, microaggressions, and inclusion in schools. The training was a group learning experience in which learning, sharing, exploring, and growing through partner and small group activities and reflections was encouraged. *Circle up* designed this training by using situations and examples related to the work we do and the people we serve. Every activity and reflection was grounded within the context of the people we interact in our school. The goal was to learn some tools to help promote inclusion and interrupt discrimination through simple and



respectful approaches. Thank you to **Sequoia Healthcare District** for supporting this valuable training.



Board Resolution on E-Cigarettes

You have probably read the recent headlines of the youth epidemic regarding electronic cigarettes. In response to the trend, the RCSD Board of Trustees unanimously approved *Resolution No. 12: Resolution Declaring Public Health Emergency Needing Action Now: Epidemic Youth Use of E-Cigarettes* at the public School Board meeting on Wednesday, October 23, 2019. While we don't serve high school students, RCSD has seen cases of middle school students using e-cigarettes at school and this resolution is important to our community because a student whose health is compromised obviously cannot learn.

The intent of Resolution 12 is to call attention to the harm this trend is doing to our youth. As policy makers, by approving this resolution, our Trustees are teaming up with other local lawmakers to help our youth before we witness tragedies such as what we've seen at the national level.

If you have questions and are looking to learn more about what experts are calling this new epidemic, consider attending our Stanford Tobacco Prevention parent education event on November 14 at 7pm at Kennedy Middle School.

RCSD Wellness Committee Meeting

Thursday, November 21, 2019
2-3:30pm

Sequoia Healthcare District - Conference Room
525 Veteran's Blvd,
Redwood City, CA 94063



Please join parents and community partners to discuss and learn more about Health & Wellness activities in RCSD!

All are welcome!

Andrea Garen, MA, RD
Director of Health and Wellness
Redwood City School District

RCSD Parent Education Series presents:



Attendees will leave feeling well informed about the physical impact and risks of vaping and e-cigarettes.

Thursday, November 14, 2019, 7:00pm - 8:30pm
(Kennedy Middle School - Gym)

Click for [Info & Tickets](#)
FREE for all parents!

Join us for a special screening of

SCREEN AGERS



Screenagers NEXT CHAPTER:

Uncovering Skills for Stress Resilience

Documentary Film & Panel Discussion

Location TBD, January 2020, 7:00pm - 8:30



Sequoia Union High School District



PARENT EDUCATION SERIES

What's All the Buzz with JUUL & Similar Vape Devices

Richard Ceballos, Project Coordinator, Stanford Tobacco Prevention Toolkit

Date: Wednesday, November 20, 2019, 7-8:30 p.m.

Location: Woodside (MUR)

Click for [Registration](#)

The community is welcome to find out the latest on JUUL and vape devices and come away armed with resources to share with youth and other parents. The [Stanford Tobacco Prevention Toolkit](#) is an online, educational resource that can be adapted to fit the individual needs of educators and students in all types of settings.

Questions? Contact [Charlene Margot](#), Founder and Director of The Parent Education Series

Join Us at Our Next Wellness Advisory Council Meeting!

Interested in promoting wellness? We welcome any interested students, teachers, staff, parents, and community members to participate in WAC (Wellness Advisory Council) meetings! WAC meetings are held every two months, and members work on wellness-related topics such as student & staff mental health, substance use prevention education, and reproductive health.

The next WAC meeting will be held on Monday, November 20th from 3:45 to 5:15 at the District Office. For more information, contact District Wellness Coordinator [Javier Gutierrez](#).



SUHSD Students Present at Recent TUPE Conference on Vaping

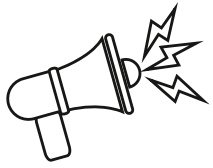
Health & Wellness staff attended the 1st Annual TUPE Summit (Tobacco Use Prevention Education) hosted by the San Mateo County Office of Education on September 27th. The day-long event featured experts on tobacco and vaping, including the science of harms and history of health disparities, and was attended by nearly 100 local educators.

Sequoia Union High School District students from Carmont High School and Woodside High School participated on a student panel as leaders offering youths' perspectives to educators. The panel, moderated by SUHSD Health & Wellness Coordinator Javier Gutiérrez, made a powerful impact because the students shared their personal experiences (ranging from never vaping to still using to recently quitting with peer support) and offered insights and ideas to implement effective supports in schools. The students also discussed what makes vaping appealing to youth, how positive peer pressure can help, and how adults can support students and guide them to lead the change. You can read more about their insights in this newsletter under the section "What Youth Have to Say About Vaping" on page 3.

SUHSD is a recipient of a 3-year TUPE grant. The TUPE program provides funding from Prop 99 tobacco tax dollars for tobacco prevention education.

VAPING PREVENTION SUMMIT

On September 27 2019, San Mateo County Office of Education and Sequoia Healthcare District co-sponsored a Vaping Prevention Summit for Educators. Here is what we learned!



WHAT YOUTH HAVE TO SAY ABOUT VAPING

"Many of my peers believe that everyone is vaping, even though that isn't true."

"It's easy to buy vape devices, pods, and refills even if you're not 21."

"Instead of just punishment, which increases stress, adults need to address the mental health component of using substances and try to understand the triggers for use."

"There's a sensory/addictive component to holding the device, opening the packaging, clicking the pod in and out throughout the day, and having it always ready just like one's phone."

PREVENTION AND RISK FACTORS

Certain factors make us more or less likely to struggle with addiction. The good news is that we can identify what makes us more at risk, and start taking action now to prevent it!

"You can't take away the vape device without substituting something in its place."

RISK FACTORS FOR ADDICTION

- Mental health issues
- Family history
- Drug or alcohol use before age 13
- Friends use or approve of using
- Low self esteem or body image
- Childhood trauma or abuse

"Despite knowing that vaping can be harmful, a **Vape Culture** still exists."

"Quitting is easier with support of friends who are also trying to quit, or have quit."

PROTECTIVE FACTORS FROM ADDICTION

- Mental health support
- Positive relationship with an adult
- Friends disapprove of drug use
- Volunteer opportunities
- Taking care of pets
- Academic competence
- Sports or exercise activities
- Music, drama, or dance activities
- Family eats dinner together

"Hearing the facts **from peers** rather than adults is most effective."