

K-12 TELEBRIEFING



August 26, 2025

Welcome!

SUBJECT MATTER EXPERTS



Dr. Beatty
Assistant Medical Director
County of San Diego



Tracy Schmidt
Director of Safety and
Student Engagement, SDCOE



Dr. Taras
Physician Consultant
SDCOE

SPECIAL GUESTS



Sebastian Slovin
Founder & Director of Programs
Nature Unplugged



Jackie Resnick
Sr. Program Manager
San Diego County Childhood Obesity Initiative

EDUCATION SECTOR TEAM



Nicole Villa



Allison Hirahara



Audrey Staton



Ben Whitlock



Samantha Mendoza

AGENDA



LIVE WELL
SAN DIEGO

Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Villa
Working Together to Shape Healthier Futures	Jackie Resnick
Nature Unplugged: Wellness in the Digital Age	Sebastian Slovin
SDCOE Updates: Respiratory Illness School Guidance	Tracy Schmidt
Public Health Updates	Dr. Beatty
Q&A Session	All Panelists



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Announcements

BRIGHTLINE KIDS BACK TO SCHOOL BLUES WEBINAR



Join this webinar to learn gentle strategies for supporting children through school stress, friendship challenges, and big emotions, with Spanish interpretation available.

September 11, 2025 at 12 PM

[Register here!](#)



ADVANCING YOUR COST: SCHOOL HEALTH COLLABORATION IN ACTION



Effective school health services rely on a strong Coordination of Services Team (COST), and this webinar will show you how to strengthen your team's impact, understand your role in building student-centered support, and access the updated COST Toolkit.

September 18, 2025 at 11 AM

[Register here!](#)



FAMILY ENGAGEMENT IS THE FOUNDATION FOR ATTENDANCE AND LEARNING



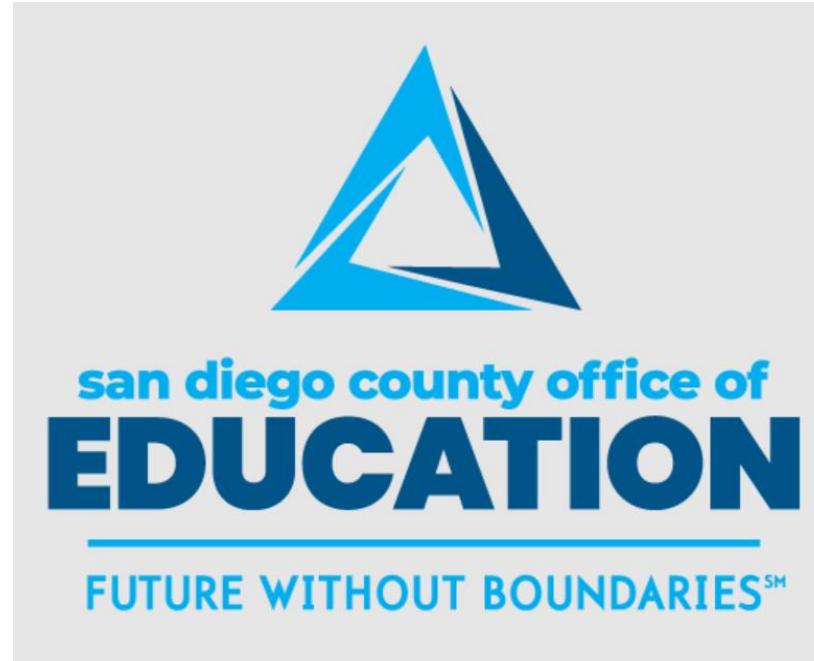
**Attendance
Works**

Join Attendance Works to explore evidence-based strategies, tools, and real-world examples of how schools and community partners can authentically engage families to improve student attendance and success.

September 24, 2025 at 12 PM

[Register here!](#)

RESOURCES TO EASE THE START OF THE SCHOOL YEAR



The San Diego County Office of Education shares tips and resources such as setting routines, visiting schools, and arranging playdates to help families ease back-to-school anxiety and support a confident start to the year.

[Calming Nerves and Easing the Transition as Students Start the School Year](#)



STUDENT WELLNESS RESOURCES



The County of San Diego Behavioral Health Services Student Resources page offers mental health support, wellness tools, and crisis resources to help students manage stress, seek help, and support peers in need.

[Student Wellness Resources](#)

BRING THE LIVE WELL ON WHEELS (LIVE WoW) TO YOUR SCHOOL EVENTS!



Request the Live WoW for:

- Back-to-School Nights
- Orientations
- Family Resource Fairs
- Wellness Days
- And More!

Reserve Early!

- Fall dates fill quickly — submit your request today.
- Visit: LiveWellSD.org/LiveWoW





Childhood Obesity Initiative

Working Together to Shape Healthier Futures



UC San Diego
CENTER FOR COMMUNITY HEALTH

UC San Diego
ALTMAN CLINICAL AND TRANSLATIONAL
RESEARCH INSTITUTE

Vision and Mission

We envision healthy eating and active living resulting in optimal health and wellness for all children and families in the San Diego County region.

The San Diego County Childhood Obesity Initiative (COI) is a multi-sector coalition with the mission of reducing and preventing childhood obesity by advancing policy, systems, and environmental (PSE) change through collective impact.



Goals

Healthy Food and Beverages

Increase access to healthy foods and beverages in a culturally appropriate manner.

Physical Activity

Increase opportunities for safe physical activity in an inclusive and culturally appropriate manner.

Healthy People in Healthy Places

Create and improve social, economic, service, institutional, and built environments that support healthy eating and active living.

Operational Excellence

Promote operational excellence of the Initiative.

Priorities 2025



Advance improvements of community infrastructure such as streets, parks, schools, and shared spaces.



Increase access to nutritious, local food and beverages, including human milk.

Strategies 2025



Ensure Inclusion and Access



Support Community-Driven Leadership in Design and Delivery



Advance a Holistic Approach



Strengthen Multi-Sector Partnerships for Coordinated Action

COI Organizational Structure



The COI Schools and After-School Domain works to:

- Provide a monthly forum for sharing and coordinating school wellness resources and activities.
- Advocate for school policy and environmental change with schools.
- Track and analyze wellness policies and Local Control and Accountability Plans (LCAPs) and provide technical assistance and resources to further wellness policy development and implementation.
- Provide training, ongoing communication, and resources to school district wellness policy leads, wellness committees, parents, students, charter schools, out-of-school providers, and other community-based organizations.
- Collaborate with other COI Domains related to school and after-school wellness.

**During the 2023-24 and
2024-25 school years, the
Health School Celebrations
Program was launched.
Eleven schools and four
districts have been
recognized thus far.**

**The Fall deadline to nominate
a school or district is
10/31 – Halloween!**



**HEALTHY
SCHOOL CELEBRATIONS
RECOGNITION PROGRAM**

Presented by the
San Diego County Childhood Obesity Initiative

The San Diego County Childhood Obesity Initiative (COI) seeks to recognize schools and districts that have implemented healthy celebration policies to inspire others in promoting health and well-being.

Recognized schools and districts will receive:

-  A certificate of recognition from COI, sent to the nominator and their school/district leadership.
-  A social media post on COI's social media platforms.
-  An in-person presentation of the certificate, if requested.

For more information:

-  Visit the program page: [Healthy School Celebrations Recognition Program](#)
-  Access helpful documents and tools: [Resources](#)
-  Email sd-coi@ucsd.edu and put "Recognition Program" in the subject line.

Complete this [short form](#) to nominate a Healthy School Celebrations champion school or district today!



Current Schools & After-School Domain Projects

1.

Increase opportunities for safe physical activity by improving the routes between three K-12 schools and neighborhood parks by the end of 2026.

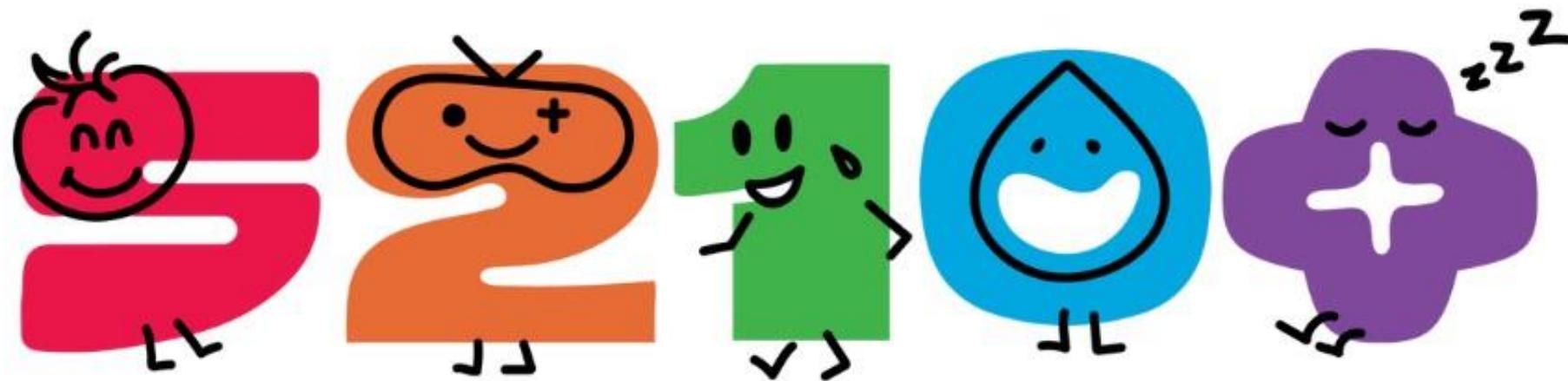
2.

Support the alignment of California's Physical Education Content Standards with national standards by engaging at least one legislative champion, raising awareness, and advocating with key decision makers.

3.

Launch a 5210+ campaign to raise awareness about five components of a healthy lifestyle for children, including limiting screen time and supporting adequate sleep strategies, by outreach and engagement with all San Diego County school districts.



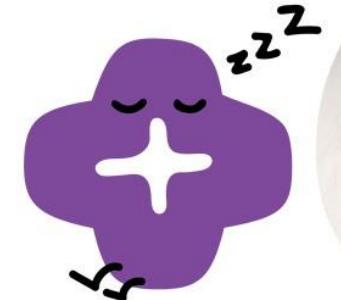


Every Day Healthy Habits for
Healthy Communities

510+



8-14 hrs of sleep



510+

Model Healthy Sleep Habits

Kids learn by watching. Are you staying up too late and waking up tired? What can you change to get better sleep?

Get 8-14 Hours of Sleep

Healthy sleep habits are important for your well-being.

Why is Sleep Important?
Sleep helps you:

- Stay focused and calm.
- Manage your emotions.
- Learn and achieve in school.
- Boost your immune system to fight germs.
- Stay physically and mentally strong.

How Much Sleep Do I Need?

Age	Hours of Sleep Per Night (+ day for young children)
4 - 12 months	12 - 16 hours (including naps)
1 - 2 years	11 - 14 hours (including naps)
3 - 5 years	10 - 13 hours (including naps)
6 - 12 years	9 - 12 hours
13 - 18 years	8 - 10 hours
18 - 60+ years	7+ hours

Healthy Sleep Habits Consistency & Predictability

- Help children sleep better by setting regular bed and wake times for everyone to follow.
- Avoid screens one to two hours before bed, as they reduce melatonin, a hormone that regulates the sleep-wake cycle.
- Keep the bedroom dark and cool, between 60-67°F.
- Encourage daily activity and outdoor time to promote natural sleepiness.



COUNTY OF SAN DIEGO
HEALTHY COMMUNITIES
INITIATIVE



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UC San Diego
ACTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE

Center for
Community Health



Working Together to Shape a Healthy Future
Facilitated by the UC San Diego Center for Community Health



2 hours or less of recreational screen time



Plan

Make a Family Media Plan

- **Make a media plan** to set screen time limits and controls on devices and mobile apps.
- Choose screen-free space and times for everyone.
- Keep screens away during meals to encourage conversation and out of bedrooms to improve sleep.
- Turn off unused devices and avoid using multiple screens at once.

Two Hours or Less of Recreational Screen Time

Screen time includes any digital device with a screen such as TV, phone, computer or laptop, tablet, or gaming console.

Healthy Media Habits

Age	Hours of Screen Time
Under 2	No screen time*
2-4 Years	1 hour a day or less
5+ Years	2 hours a day or less



*To introduce media to children 18 to 24 months, choose quality, educational programs and watch them together to support learning.



UC San Diego | Center for
Altmann Clinical & Translational Research Institute



The San Diego County Childhood Obesity Initiative is implemented by UC San Diego Center for Community Health in support of the Live Well San Diego vision for healthy, safe, and thriving communities. For more information, visit LiveWellSD.org.

Helpful Links

- **Healthy school celebrations nomination form**
- **Free downloadable 5210+ Everyday resources**
 - **Social media content**
 - **One-pagers**
 - **Posters**
- **COI Schools and After-School website**
- **The COI Mini-Grant application** (only to be included if deadline is extended beyond 8/22)

San Diego County Office of Education

Communicable Disease School Guidance

Public Health Guidance for TK-12 Schools and Child Care Settings to Support Safe In-Person Services and Mitigate the Spread of Communicable Diseases

[Public Health Guidance for TK-12 Schools and Child Care Settings to Support Safe In-Person Services and Mitigate the Spread of Communicable Diseases](#) was updated on March 10, 2025

- Removed reference to 2024-25 School Year in guidance title. This guidance will now be updated on an as needed basis.
- CDPH recommends following the [CDPH guidance for When a Child Has Symptoms of Illness in School or Child Care](#) to support decision-making.
- CDPH recommends following the CDC guidance on [Preventing the Spread of Respiratory Viruses When You're Sick](#) for [confirmed or suspected cases of COVID-19 infection](#).
 - An individual can go back to normal activities when, for at least 24 hours, both are true:
 - Symptoms are getting better
 - Fever-free (without fever-reducing medication)
 - After the return to normal activities, the individual should take added precautions over the next 5 days, such as taking [steps for cleaner air](#), practicing [good hygiene](#), wearing a well-fitted [mask](#), [physical distancing](#), or [testing](#) for times when you will be around other people.
- Removed references to Cal/OSHA COVID-19 Non-Emergency Regulation and Prevention Requirements. These have expired on February 3, 2025.

Cal/OSHA COVID Regulations

The Cal/OSHA COVID-19 Recordkeeping Provisions are in place until Feb. 3, 2026.

Employers in California must still:

- Keep a record of and track all COVID-19 cases with the employee's name, contact information, occupation, location where the employee worked, the date of the last day at the workplace, and the date of the positive COVID-19 test and/or COVID-19 diagnosis.
 - These records must be retained for two years beyond the period in which the record is necessary to meet the requirements of this section.
- Provide information on COVID-19 cases to the local health department with jurisdiction over the workplace, CDPH, Cal/OSHA, and NIOSH immediately upon request, and when required by law.

Report Suspected Outbreaks to Public Health

3 or more linked cases within a 7-day period.

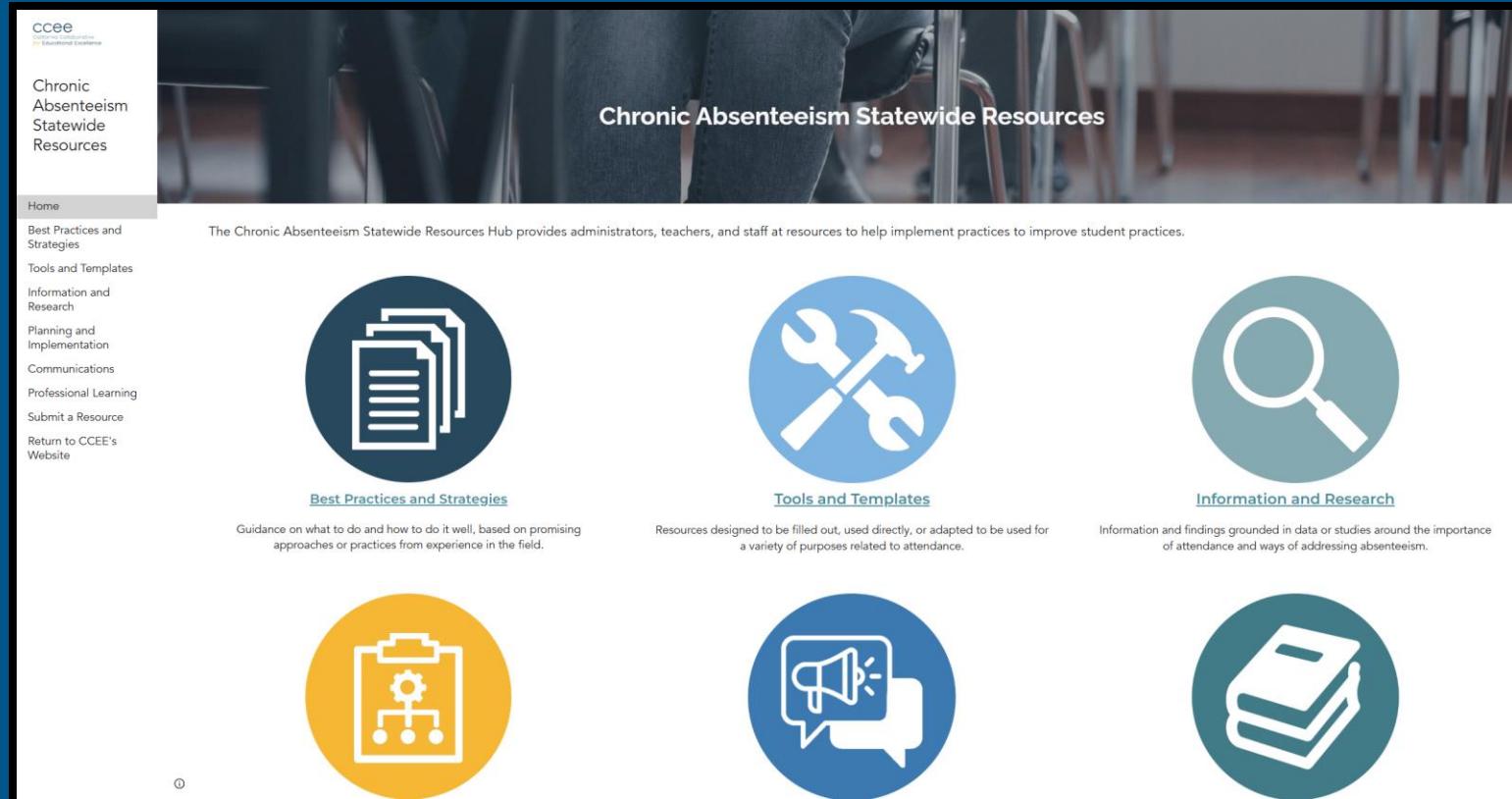
PHS.EPI-SCHOOLS.HHSA@sdcounty.ca.gov or 619-692-8636

Chronic Absenteeism Statewide Resources

California Department of Education launched updated attendance guidance.

<https://www.cde.ca.gov/attendanceguide/>

The California Collaborative for Educational Excellence launched the Chronic Absenteeism Statewide Hub:
[Chronic Absenteeism Statewide Resources](#)



The Chronic Absenteeism Statewide Resources Hub provides administrators, teachers, and staff at resources to help implement practices to improve student practices.

Chronic Absenteeism Statewide Resources

The Chronic Absenteeism Statewide Resources Hub provides administrators, teachers, and staff at resources to help implement practices to improve student practices.

Best Practices and Strategies

Guidance on what to do and how to do it well, based on promising approaches or practices from experience in the field.

Tools and Templates

Resources designed to be filled out, used directly, or adapted to be used for a variety of purposes related to attendance.

Information and Research

Information and findings grounded in data or studies around the importance of attendance and ways of addressing absenteeism.

Planning and Implementation

Communications

Professional Learning

Submit a Resource

Return to CCEE's Website

Best Practices and Strategies

Tools and Templates

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Public Health Updates

Dr. Beatty

RESPIRATORY VIRUS UPDATE



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COVID-19

Cases
2,751

Deaths
12

Outbreaks*
18

6/29/2025 – 8/9/2025

Influenza

Cases
337

Deaths
0

Outbreaks*
1

6/29/2025 – 8/9/2025

RSV

Cases
23

Deaths
0

Outbreaks*
0

6/29/2025 – 8/9/2025

*In residential congregate settings

[Respiratory Virus Surveillance Report](#)

Figure 1.1. San Diego County COVID-19 Confirmed and Probable Cases (N=2,751)

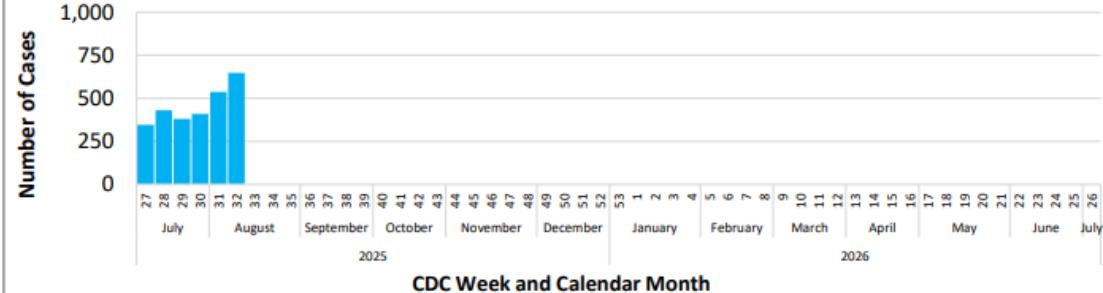


Figure 1.2. San Diego County Influenza Cases (N=337)

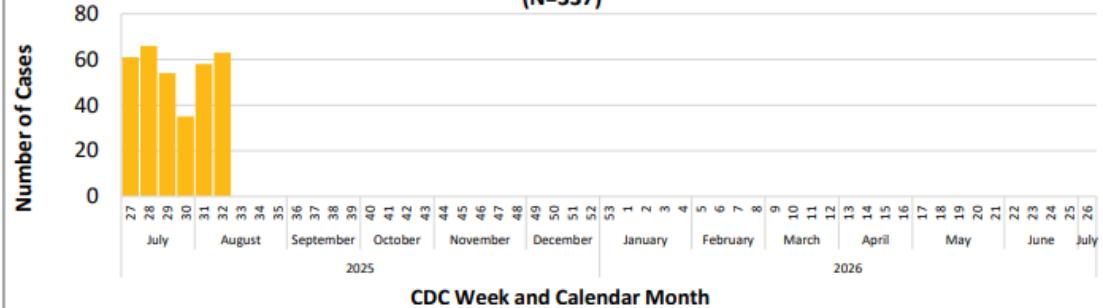
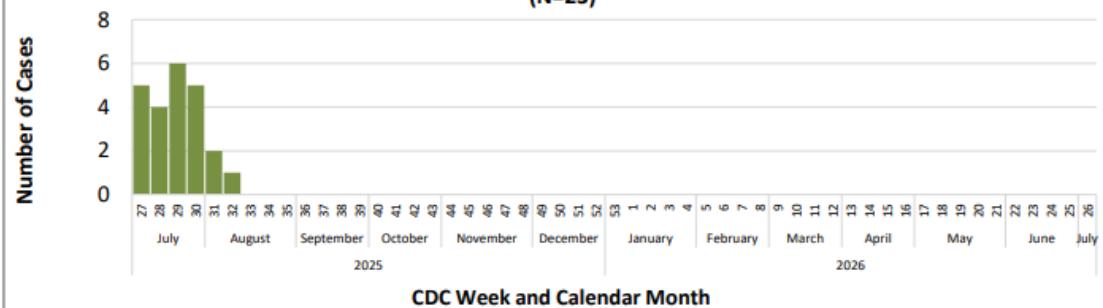


Figure 1.3. San Diego County RSV Cases (N=23)



COVID-19, INFLUENZA, & RSV POSITIVITY



Figure 14. COVID-19 Positivity by Week of Specimen Collection and Fiscal Year

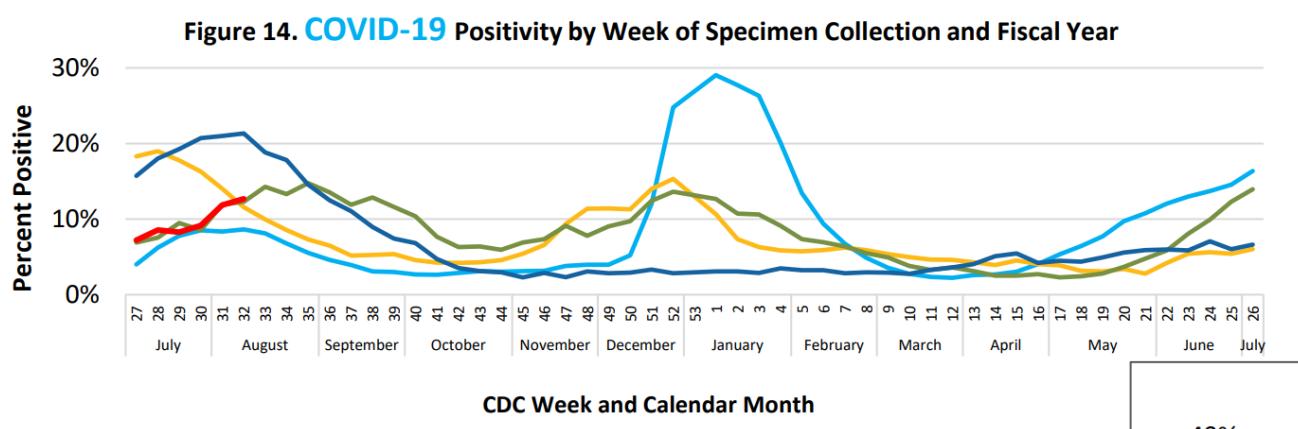


Figure 15. Influenza Positivity by Week of Specimen Collection and Fiscal Year

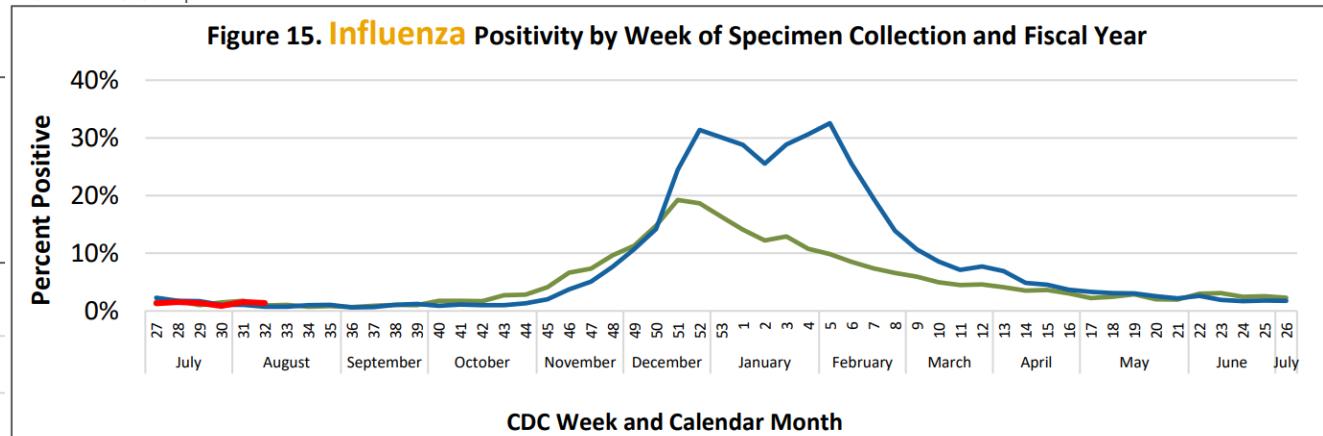
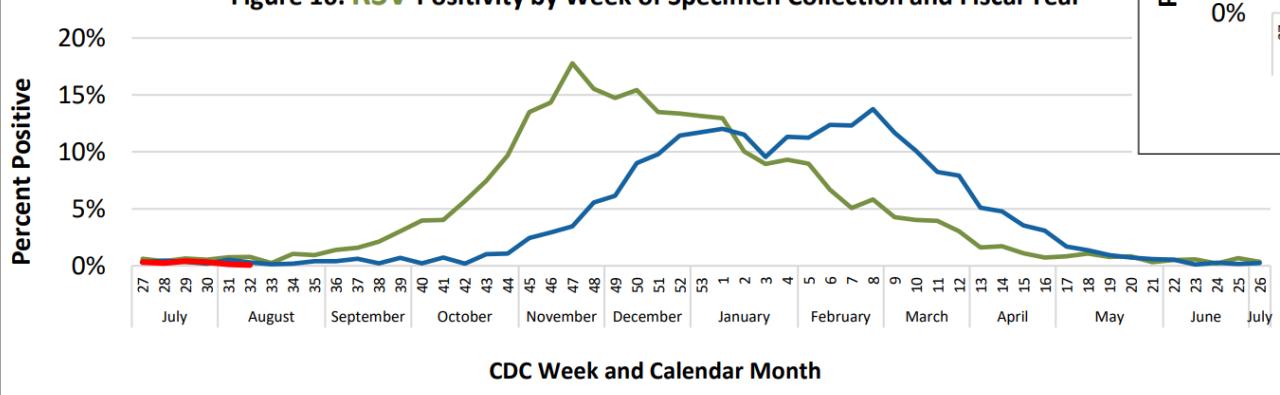


Figure 16. RSV Positivity by Week of Specimen Collection and Fiscal Year



COVID-19 & INFLUENZA VACCINATIONS



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Figure 22. San Diego County Residents Up- to-Date with COVID-19 Vaccination Status, Ages 6 Months and Older

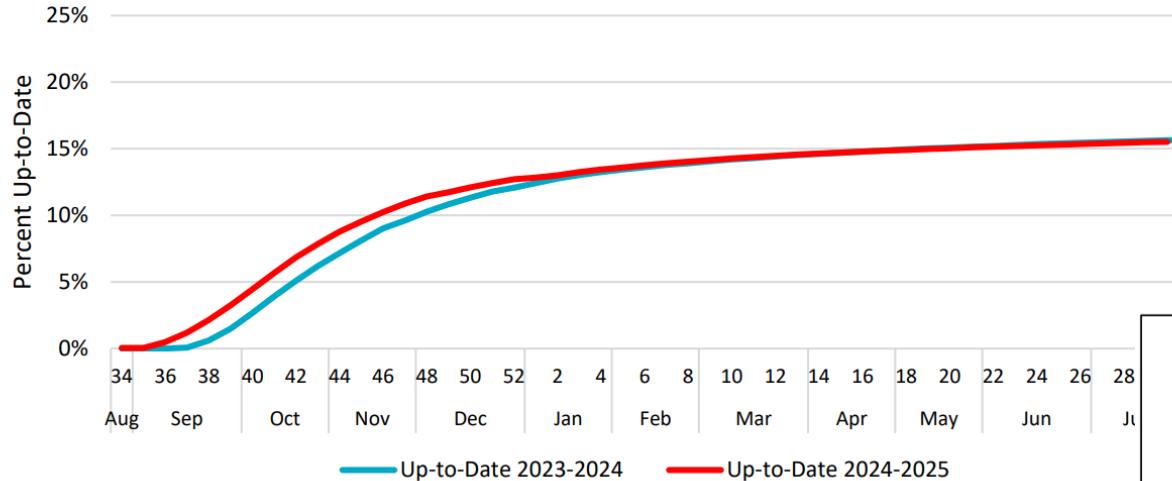
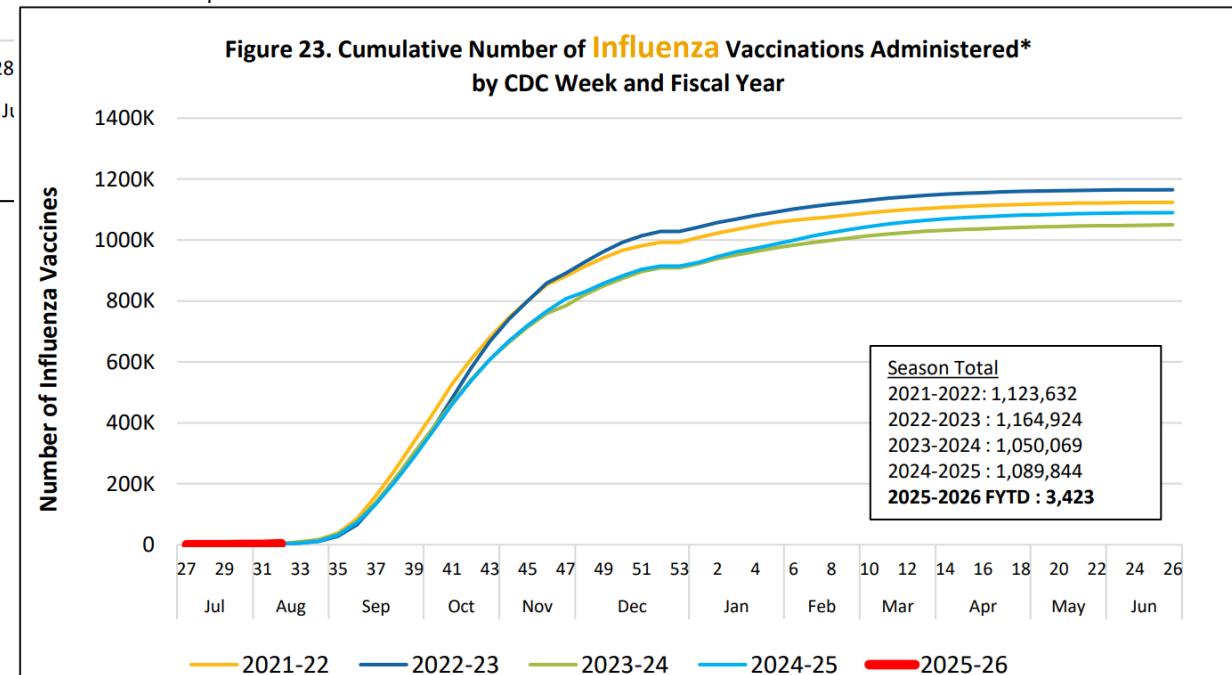
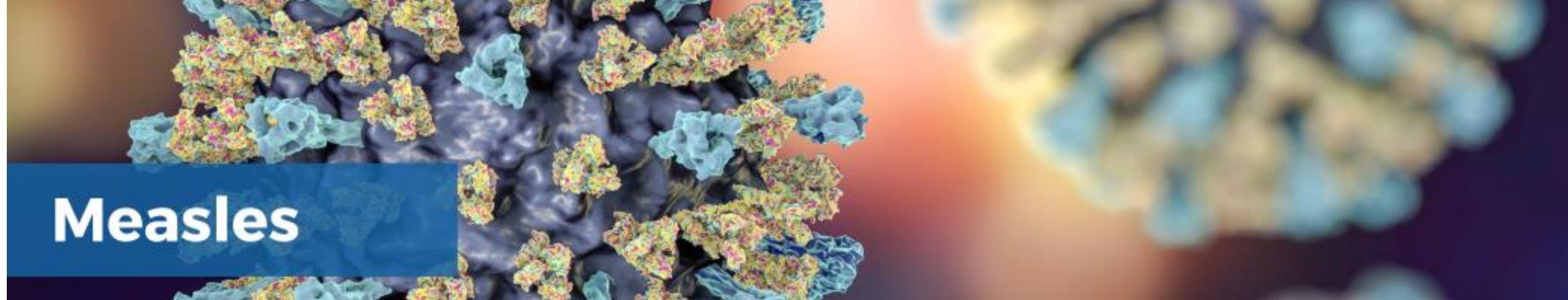


Figure 23. Cumulative Number of Influenza Vaccinations Administered by CDC Week and Fiscal Year



MEASLES



- The first case of measles has been confirmed in San Diego this year in a teenage resident who recently traveled overseas.
- As of August 19, 2025, 20 confirmed measles cases have been reported in California, and 1,375 cases have been confirmed in the US.

MEASLES



- The best way to prevent measles is with the measles, mumps, and rubella (MMR) vaccine.
 - Children: 1 dose at 12 months of age and another dose at 4-6 years.
 - Older children, adolescents, and adults who have not previously received the vaccine.
- It is important for international travelers to get vaccinated at least 2 weeks before traveling.
 - Children 6-11 months of age can receive an extra dose of MMR vaccine.
 - Children 12 months and older can complete their two-dose series early if the second dose is at least 28 days after the first dose.



WEST NILE VIRUS

Monthly Communicable Disease Report – June 2025, West Nile Virus

- San Diego County and 20 other counties are seeing increased West Nile virus activity in 2025.
- Although there have not been any human cases in San Diego County yet this year, there have been 16 positive birds and more positive mosquitoes than in recent years.

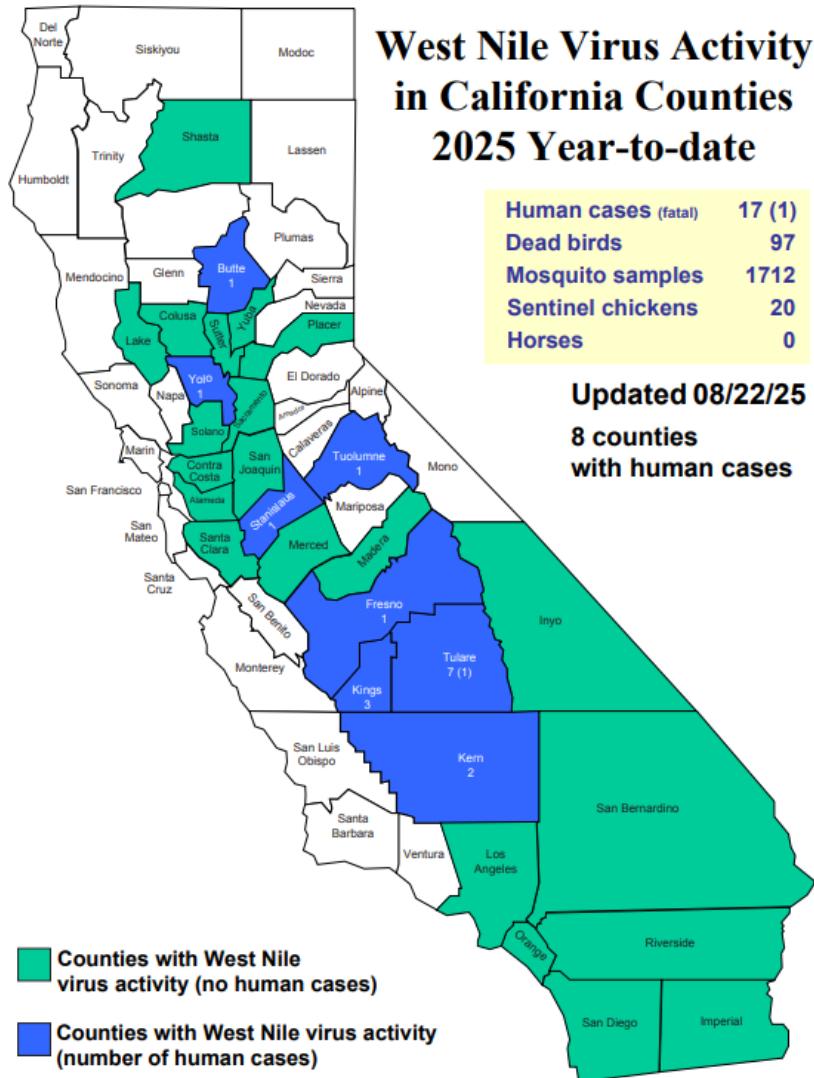
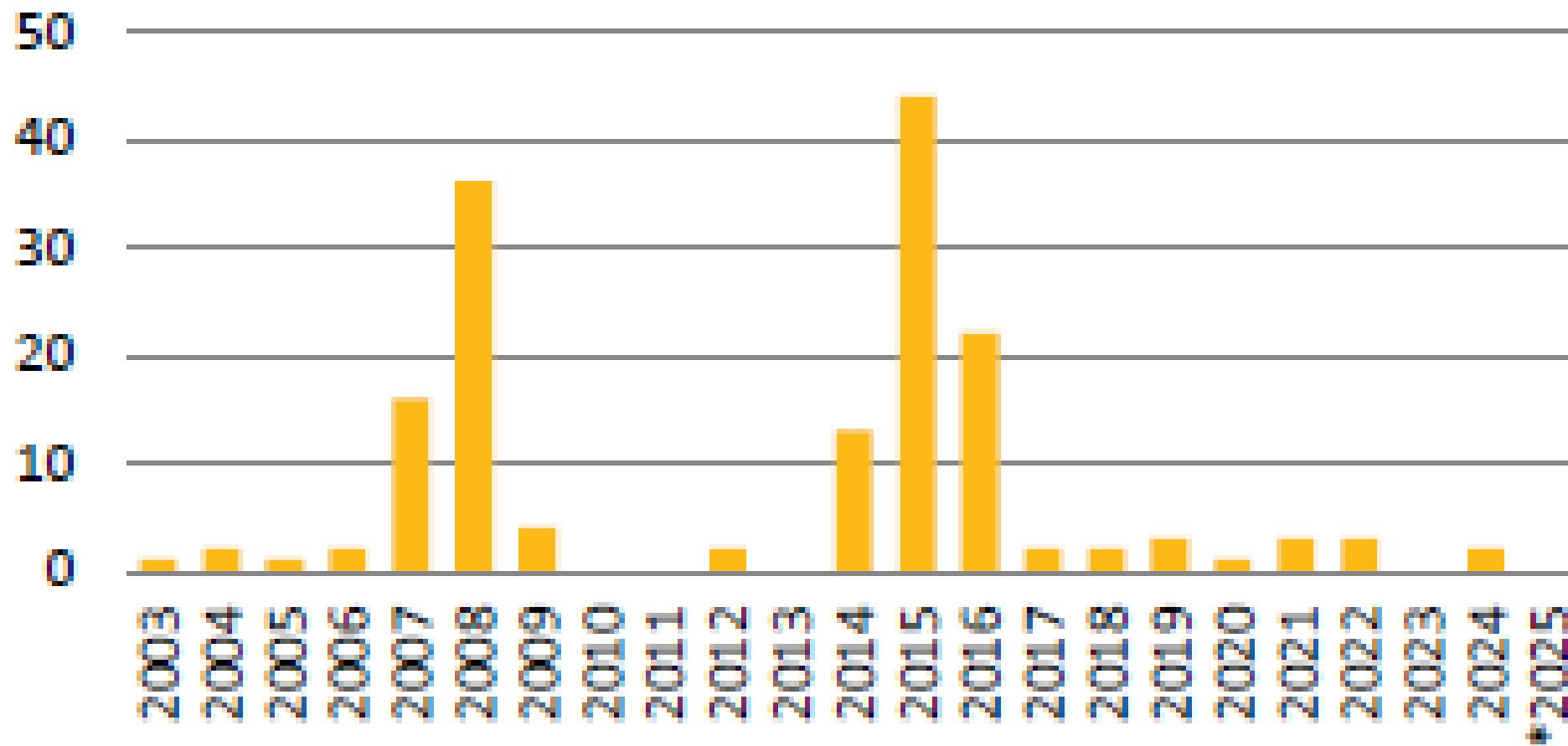


Figure 1. West Nile Virus Infection Cases, San Diego County, 2003-2025*



2025 data are year-to-date; data current as of 7/15/2025. Data are provisional and subject to change as additional information becomes available. Grouped by CDC disease years.

Figure 2. Select Characteristics of San Diego County
West Nile Virus Infection Cases, 2015-2024

Demographics



Epidemiology



Clinical Outcomes

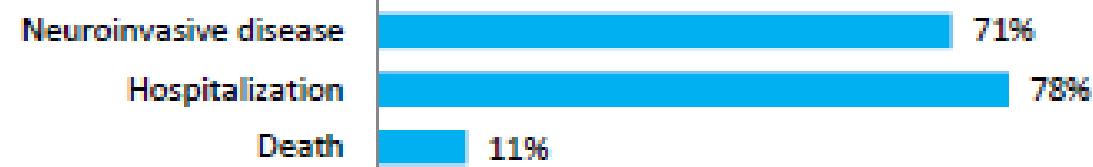
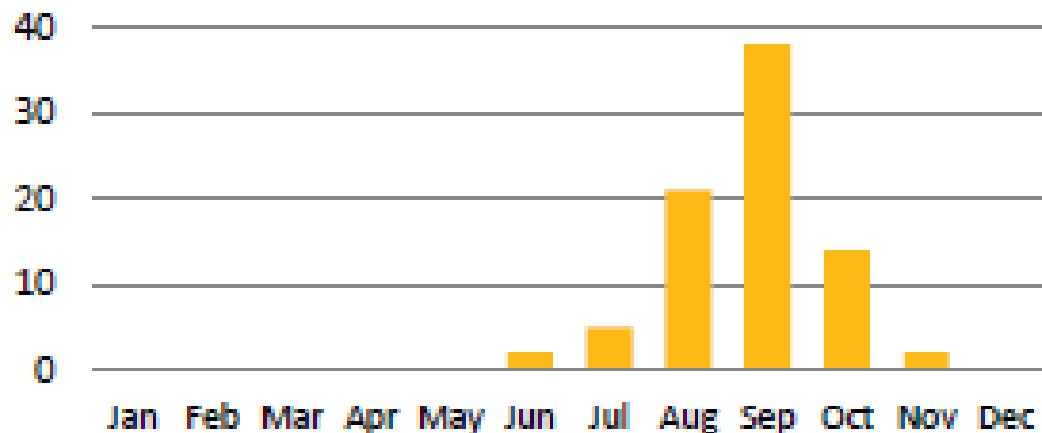


Figure 4. West Nile Virus Infection Cases by
Month of Onset, San Diego County,
2015-2024 (N=82)



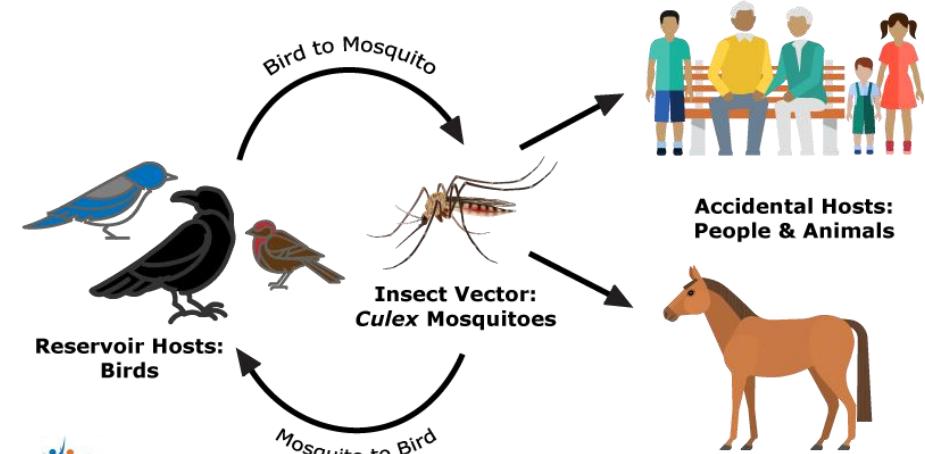
WEST NILE VIRUS

- West Nile virus (WNV) is a disease transmitted to humans, birds, horses, and other animals by infected mosquitoes.
- Approximately 20% of infections result in mild illness, with symptoms including fever, headaches, and body aches.
- Although fewer than one percent of people infected with WNV develop neuroinvasive disease, these are the cases most frequently identified and reported.



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West Nile Virus Transmission Cycle



WestNile.ca.gov

WEST NILE VIRUS



- To prevent WNV, the Vector Control Program encourages everyone to **prevent** mosquito breeding, **protect** themselves against mosquito bites, and **report** green pools, dead birds, and high mosquito activity.
 - **Prevent:** Dump out standing water and keep containers dry to control mosquitoes.
 - **Protect:** Avoid mosquito bites by wearing long sleeves and pants outdoors and using mosquito repellent. Keep screens over doors and windows closed.
 - **Report:** Report green swimming pools, dead birds, and high mosquito activity to the Vector Control Program.



Tijuana River Valley Sewage Emergency: Assessment of Chemical Exposure (ACE) Results



County of San Diego HHSA
SANDIEGOCOUNTY.GOV/HHSA

CASPER* vs. ACE

	CASPER	ACE
Level	Household summary responses	Individual-level responses
Method	In person interview	Self-administered on-line survey
Eligibility	Residents only	Residents, workers, visitors
Children	Child data captured as part of household response	Parents/guardians could answer for individual children
Timing	October 18 -20, 2024	October 21 - November 25, 2024
Sample	189 households interviewed	2099 completed surveys
Locations	Imperial Beach, Nestor, San Ysidro	Imperial Beach, Nestor, San Ysidro, Otay Mesa West, Silver Strand, Coronado

*Community Assessment for Public Health Emergency Response

Key Findings: ACE

- 92% were concerned about air quality; 86% were concerned about tap water quality
- 95% reported noticing a sewage smell in the preceding 30 days; 57% said it was severe
- 24% reported direct contact with contaminated river or beach water including workers
- 64% reported at least one new or worsening physical health symptom they attributed to the Sewage Crisis in the past 30 days
- Most common symptoms attributed to the Crisis were headache or respiratory symptoms; 31% of those reporting sought medical care
- 28% of participants reported symptoms of anxiety; 21% reported symptoms of depression. Rates were higher among those reporting severe sewage smell

ACE Findings Similar to CASPER

- Widespread community concern about the sewage crisis, including air and drinking water quality concerns
- Most respondents use bottled water in the affected area
- Most respondents reported physical health symptom(s) they attributed to the sewage crisis
- Respondents also attributed mental health symptoms to the sewage crisis
- Preferred communications channels: word of mouth, TV, internet news, email, and text message
- Needs of respondents: action, water, medical or mental health care or supplies, improve water/air quality



THANK YOU FOR ATTENDING!

For more information, please visit our website: LiveWellSD.org/Education

You can also email us at: LiveWellEducation@sdcounty.ca.gov

Next Telebriefing: Tuesday, October 7, 10:00 AM