

Communication from Public

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Council File No: 25-1016

Comments for Public Posting: Hello, my name is Ghada El Masri, and I am the school nurse at an elementary school in Encino. I write in strong support of Council File 25-1016 concerning park restoration projects. As a health professional working closely with children every day, I know that safe, accessible, and well-maintained parks are crucial for student physical, mental, and emotional wellbeing. Evidence consistently shows that proximity to and quality of green spaces can lead to: -Lower body mass index (BMI) in youth. Children with more access to parks and recreational programs show significantly reduced obesity risk by age 18 (Active Living Research, 2020). -Improved mental and emotional health in young children. Kids aged 2–5 living near green spaces exhibit fewer symptoms of anxiety and depression (National Institutes of Health [NIH], 2020; Frank Porter Graham Child Development Institute, 2024). Better social-emotional competence. Outdoor play is linked to enhanced emotional regulation, social skills, and behavior management (Gill, 2025; Nursing in Practice, 2025). -Increased physical activity. Playgrounds with well-designed amenities are associated with 15–28% higher levels of moderate-to-vigorous activity among children (Centers for Disease Control and Prevention [CDC], 2023). -Stress reduction and improved focus. Even 15 minutes of exposure to urban green spaces can reduce stress and improve attention—benefits that extend to students in learning environments (New York Post, 2025; Bratman et al., 2019). While the projects listed in this file may extend beyond Encino, they set an important precedent. Restoring and enhancing parks—especially with features that promote physical activity, shade, sensory engagement, and safety—demonstrates the positive impact of investing in children’s holistic wellbeing across neighborhoods. I respectfully urge the City Council to approve this item. Further, I encourage prioritizing similar health-centered improvements for green spaces in Encino, where many students could benefit from safer, more enriching environments for play, learning, and community connection. Thank you for your time and commitment to building a healthier Los Angeles. Respectfully, Ghada El Masri