

**Wellness Committee Meeting  
Wednesday January 17, 2018  
District Services Meeting Room**

Minutes

**Present:** Robyn Wood, OSD Food Service & Wellness Co-chair; Amy Miller, OSD Community Education & Wellness Co-chair; Becky McCabe, OSD Nurse; Greg Gatcombe, OSD AmeriCorps Farm to School Volunteer; Darren Hartberg, OMS Health Teacher; Kelli Pierce, RCI PE & Health; Emily Burns, NKE PE; Dawn Goltz, PVE; Joanna Bisgrove, OSD Medical Advisor & Parent; Julia Bavery, OSD HR Department; Deb Bossingham, OSD Pool Director;

**Not Present:** Leslie Bergstrom, Dir. of Curriculum & Instruction; Juanita Weinert, OHS Health; Andrea Anderson, OHS Instructional Coach; Jim Pliner, OHS Principal; Shannon Anderson, OMS Principal; Janet Pliner, OMS PBIS Coach; Kerri Modjeski, BKE Principal; Kelly Pankratz, BKE Teacher; Chris Kluck, NKE Principal; Mary Weber, 4K Principal; Missy Sampson, OSD Nurse; Colleen Horton, OSD Food Service; Jessica Sharkus, OSD Parent; Andy Weiland, OSD Business Manager; Jason Zurawik, RCI Principal;

**UPDATES:**

- **AmeriCorps Position & Grant Update :** Greg Gatcombe OSD AmeriCorps Volunteer
  - The OSD AmeriCorps position began in September
  - Focus with position is Nutrition Education 4K-12 grade & Community Outreach - Farm to Table
    - nutrition lessons/gardening lessons
    - bring in guest speakers for students
    - working with Try it Today food tasting K-12
    - Researching & connecting with local farmers to purchase more local foods and find guest speakers to visit OSD classrooms
    - Developing contact lists for future use beyond 2017-18
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- **Active Healthy Schools Share Out - 4K & all buildings:** Share up to three (3) successful active healthy school strategies or goals for 2017-18 for your building - building reps (3-5 min each)
  - 4K Update - Mary Weber
    - Oregon 4K sites are participating in national and local pilots to develop a healthier schools 4K assessment and award program.
    - Sites are focused on promoting healthy snacks, active lifestyles and mindfulness integrated within daily classes
  - Netherwood - Emily Burns

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- Staff wellness challenges focused on sleep, exercise, snacks, and mindfulness
- Staff social offerings with pot-lucks
- Hoop house
- After-school yoga
- Movement breaks during classes (GoNoodle, Cosmic Kids Yoga, etc)
- PE 2 → mindfulness aspect and extra PE/active time
- Planning Move-a-Thon
- Discussing alternate options for indoor recess
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- Prairie View- Dawn Goltz
  - Running Club - offered Friday morning 7:15- 7:45
    - 60 kids 2nd - 4th grade
    - building pays for a breakfast snack
    - they run in the school with music playing
    - They set running goals
    - They invite parents to come
    - last year they ended the year in Jaycee Park
    - New York Runner's Association Mighty Milers  
<http://www.nyrr.org/youth-and-schools/mighty-milers/program-details>
    -
  - Expand Garden space and better defining space & courtyards
    - vertical herb garden and adding murals
  - New Playground equipment has been added - goal is to get kids to move
- Brooklyn- Kelly Pankratz
  - Writing grants for a hoop house \$16,000 needed Aldi 5,000 and Lowe's 5000
  - Brick display for gathering place in garden has been designed
  - new playground equipment ordered
  - Feb. 2nd Active School Event -Beat The Winter Blues during the Day
  - Upcoming Dr. Seuss on the Loose movement and reading March Whole School event
  - Movement room is used throughout the school day staffed by para-professionals
  - Classrooms will be growing plants with Grow light ups and going after spring break
  - Holding but still working on composting
  - Completed Green Ribbon application
    - Green and Healthy profile done

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- Trees to be planted on Earth Day with Middle school 11 Burr Oak  
11 Cherry
- Have materials for Jr Master Garden program time to work needed
- New Monarch milkweed area coming this Spring
- Bringing mindfulness into the classroom and to staff at a staff meeting
- Student Green Team of 3rd/4th graders is starting back up soon
- Writing lots of grants to get more money for our wants/needs
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- Rome Corners- Kelli Pierce
  - Garden is coming - kids painted rocks
  - Leadership team is starting staff workouts after school
  - WERQ dance fitness
  - Running Club, Mindfulness - Colleen Schell offers
  - Mindfulness, Active Breaks, Mindfulness Mondays, Extra recess, healthy snack promotion and water bottles
  - Move it app
  - Breathing in band
  - push ups & sit ups to start the day
  - mini basketball breaks
  - move-it
- OMS Darren Hartberg
  - Kids are still biking and scootering to school
  - Fun Run held in November
  - Community Leaf Raking - 8th graders this fall
  - Ski Club- RCI, OMS & OHS Friday Night Ski Club
  - Opportunities for standing in classrooms
  - Garden and greenhouse are up and running
    - lettuce is grown and has been served at PVE & OMS
- OHS- Andrea Anderson & Juanita Weinert
  - By spring OSD Wellness meeting: Recruit 1-2 OHS students to join district wellness committee
  - OHS all student and staff "educational focus" for 2017-18- benefits of sleep, healthy breakfast (grant for students at OHS)
  - Mindfulness: School-wide advisory lesson, staff-wide PD experience, new staff session
  - Academic & Career Planning - Senior Seminar exit interviews. First round happening now. ~100 seniors, scale up next year, possibility for all seniors
  - Continuous updating of Health curriculum - emphasis on career clusters, personalized learning project that is school/community based, ACP career-focused final exam
  - Hype up student section at OHS extracurricular events

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- **Elementary Healthy Celebrations Changes for 2017-18:** Dawn Goltz & Robyn Wood
  - A committee met beginning fall of 2016 charged with a task of moving to Healthier Celebrations
    - move away from food as a focus toward other options including healthy treats
    - We knew that some parents wanted healthy treat options- how could we help?
      - food service created a list of different items at different price points, families from all 3 elementaries have used this service
    - we developed a letter to send home to parents that included
      - birthday cart options
      - healthy snack options
      - other ideas - including classroom ideas that do not cost money
    - If parents sent in snacks that were not approved, they were bagged and sent home.
    - We know it is important to remind parents at different points throughout the school year.
  
- **Staff Wellness opportunities update:** OSD Human Resources Rep.
  - Employee have access to a HRA and biometric screening
  - Wellness Portal - each employee can access
  - OSD has a Nurse Advocate Diane Collelo-Paskey who began visiting schools weekly in September 2017
  
- **DPI Food Service Audit results-** Robyn Wood
  - DPI audit went well with a few items to review and update
  - OSD Wellness minutes were included in the audit
  
- **Try It Today Update for 2017-18:** Robyn Wood & Greg Gatcombe
  - Brussels Sprouts - kids are liking about 75% of the times
  - Basil Try it coming up - from OHS Basil
  - Try It Today in Spring - TBD
  
- **Parent & Community Perspective on Wellness** - Jessica Sharkus & Joanna Bisgrove
  - Recommendation is to try to secure more parent involvement
  - Parents are very excited about school gardens
  - We would like to see more school garden produce into school lunches
  - nutrition education act - are we teaching most current curriculum

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- Check out the Student Chef competition  
<https://dpi.wi.gov/team-nutrition/whipping-up-wellness>
- For students with ADD/ADHD they need calorie dense snacks - buildings may need to allow student access to refrigeration for these students - to store whole milk or cheese for snacks

**DISCUSSION:**

- **Review Wellness Policy: all**
  - Review policy focusing on the idea that everyone in our district is a "Health Teacher"
    - Nutrition Promotion
      - 721.03.2 The District will promote healthy food and beverage choices for all students throughout the district, as well as encourage participation in school meal programs.
      - 721.04.1 The District aims to teach, model, encourage, and support healthy eating by students.
      - 721.05.01 The nationally recommended amount of daily physical activity is at least 60 minutes per day. The District shall provide opportunities for students to obtain this level of daily activity through regular instruction in a physical education class, co-curricular activities, recess, intramurals and other opportunities for physical activity before, during and after school.
      - 721.05.03 Students will be offered periodic opportunities to be active or to stretch during a school day. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Teachers are encouraged to incorporate movement and kinesthetic learning approaches into all classroom instruction.
    - 721.06.01 Curriculum
      - A) The District's Health Education curriculum shall educate students using age-appropriate curricula consistent with national and state standards to develop the knowledge, attitude, skill and habits for life-long healthy eating habits and physical activity.
      - B) The Physical Education curriculum shall instruct students of the importance of physical exercise and expose them to a wide range of physical activities so that they develop the knowledge and skills to be physically active for life.
    - 721.06.02 Celebrations and parties.
      - The District strongly encourages that celebrations and parties involve

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either healthy foods and/or non-food related celebration ideas.

- 721.07 REIMBURSABLE SCHOOL MEALS
  - Students who will not be in their school building during the normal lunch serving time because of field trips or other school activities may obtain a bag lunch from their building's food service.
  
- **Healthier Generation vs. WI School Health Awards:** Amy Miller
  - Healthier Generation Healthy Schools & Lets Move Active Schools Awards for 2016-17 & 2017-18
    - Brooklyn Elementary
    - Netherwood Knoll Elementary
    - Prairie View Elementary
    - Rome Corners Intermediate
    - Oregon Middle School
  - Healthier Generation Healthy Schools & Lets Move Active Schools Awards for 2017-18 & 2018-19
    - Oregon High School will be applying this spring
  - Wisconsin DPI offers an annual School Health Award - buildings applying for the annual award are:
    - Oregon 4K
    - Brooklyn Elementary
    - Netherwood Knoll Elementary
    - Prairie View Elementary
    - Rome Corners Intermediate
    - Oregon Middle School
    - Oregon High School
  
- **Students on health/wellness committees** - OHS will be bringing students to our spring meeting
  
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- **District/Community Wellness Theme & t-shirt**
  - Front- Healthy Active Kids Are Better Learners
  - Back
    - Eat 4 energy
    - Move all day
    - sleep enough
    - Repeat 4 life
    -
  
- **Other Updates/ Bike Rack Items:**
  - Fed Up Movie - [Fed Up Movie Trailer](#)
    - Oregon Area Wellness Coalition will be viewing to determine if we will offer a community showing of the movie in spring
  - DPI Environmental & Sustainability Standards- For May 2nd meeting

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- **Choose Date for spring 2018 meeting-Wednesday May 2nd  
4:30-6:30pm District Office Meeting Room**

Adjourn: 6:31pm