

Oregon School District Wellness Committee Meeting
Wednesday May 2, 2018
District Services Meeting Room
123 East Grove Street
4:30-6:30 p.m.

Present: Emily Burns, NKE; Greg Gatcombe, AmeriCorps; Julia Bavery, BKE & HR; Sara Trachte, parent; Becky McCabe, School Nurse; Krista Flanagan, BOE; Kelli Pierce, RCI; Andy Weiland, DO; Robyn Wood, Food Service; Darren Hartberg, OMS, Juanita Weinert, OHS;

Not Present: Jim Pliner, OHS Administrator; Shannon Anderson, OMS Administrator; Jason Zurawik, RCI Administrator; Kerri Modjeski, BKE Administrator; Dawn Goltz, PVE Administrator; Chris Kluck, NKE Administrator;

Living with Food Allergies: Sara Trachte, OSD Parent

- No family history; Now has a child with severe food allergies
- 15 million Americans are living with food allergies; 6 million children
- Primary allergens: peanuts, tree nuts, eggs, soy, beef
- Allergy to peanuts most dangerous and most common
- It takes a very small amount to cause an allergic reaction
- Every 3 minutes someone in the United States goes to an ER with an allergic reaction
- Food Allergy Research and Education (FARE Education) video
- When I get a call from school the first thing I want to hear- he's okay
- You want all kids to feel included
- School setting
 - educate - people need to be aware of risks of food allergies
 - cross contamination is the biggest risk
 - having the allergen come into the classroom is a big risk
 - We would welcome school celebrations not focused around food, find other ways to celebrate - food does not need to be a part of it
 - Kids are understanding and compassionate- kids want to support their classmates
 - Living with food allergies is similar to walking through a minefield and not knowing when you will step on one.
 - There is no cure for food allergy today- right now it is strict avoidance. Hopefully with research cures will be found.
 - Request that teachers find ways to include all kids where food does not have to be part of the equation.
 - Not all families treat food allergies the same way- it is a continuum
 - "Food allergies do not define my son or any child"- it does not take away from who he is.
 - Research says children with food allergies have a tendency to be bullied

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- ❑ We try to live by saying, yes, how can we do it safely. We work with the teachers to make it happen.
- ❑ Recommendations for other parents:
 - ❑ Work with the principal. We view this as a partnership- parents, staff and community.
 - ❑ Put a 504 plan in place. Pictures of the kids are up in the kitchen with a list of allergies.
 - ❑ Constant communication is important in advance of events. Parents with a child with allergies can help source out food that is safe.
- ❑ Snack bucket is something to think about. You are asking 22 families to read labels, source it and hopefully not cross contaminating the bucket.
- ❑ Snack times are set - can they be more flexible to when kids are hungry.
- ❑ Labels are hard to read
- ❑ It is more expensive to eat with food allergies
- ❑ Wear Teal on May 17th to support Allergy Awareness

UPDATES:

- ❑ **AmeriCorps Position & Grant Update :** Leslie Bergstrom & Greg Gatcombe
 - ❑ Green & Healthy Schools - OMS & BKE nominated for a national Green Ribbon Award (Only two schools nominated in WI)
 - ❑ RCI, NKE, PVE, BKE all planted trees 600 + Trees
 - ❑ Supported by Village Park Board, Rotary, ECOS
 - ❑ Try It Today- district Try It samples in 2017-18
 - ❑ Brussel Sprouts, Basil-Spinach Pesto, Butternut Squash Hummus
 - ❑ OMS Greenhouse is full
 - ❑ goal is to freeze and to use some of the harvest during summer school.
 - ❑ Greg is making connections with local farms- they are interested in selling to schools
 - ❑ Purchasing is done through Robyn
 - ❑ Health lessons in the classrooms - Nutrition Education for grades 3rd and 4th at Brooklyn this spring
 - ❑ Got Veggies resources

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- New OMS Green Team - focused on food waste, recycling, energy consumption in school and building birdhouses,
- We just submitted for year 2 of our AmeriCorps grant
- Rotary is applying for a grant to build RCI a hoophouse
- As of 2017-18, EVERY School now has a garden!

- 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
 - Brooklyn
 - Nominated for the US Department of Education Green Ribbon Schools
 - Running Club is up and running with 45 students
 - Green Team
 - Netherwood
 - Move- a thon is this Friday
 - GardenPalooza is coming
 - Teachers are using movement breaks and using movement as a reward

 - Staff - monthly healthy potlucks
 - Google Docs with appreciation for other staff members
 - Mindfulness and additional Movement (Additional PE position)
- Prairie View
 - Wellness: another session of Running Club started, purchased new playground balls that are a smaller size for younger students (have had great feedback from students and see more being active at recess). We are looking at research around recess and if longer or shorter recesses are best for students. We are finalizing our next piece of playground equipment which will be installed during the summer.

 - Outdoor garden/classroom: worked with Oregon Rotary to plant 18 oak and cherry trees behind the PVE garden shed (creating an outdoor classroom space in the future). We are working on our 2018 Gardenpalooza which is May 15-18th. During this week we will build five new garden beds and plant all ten garden beds. Students have started seedlings and they are growing under our new grow light.

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- General: We are seeing fewer unhealthy birthday snacks being brought into the classrooms. I think we need to continue to share the policy, no changes recommended.
- RCI
 - Majority of teachers are rocking with movement breaks
 - Yoga and a running club
 - Bikes and equipment that kids can use in a team area as well as treadmills in OT/PT room
 - PE- try to get active time in right away
 - School Garden planting this spring
 - School Forest planted in April
 - Switched lunch and recess time - now lunch first and then recess gives kids enough time to eat
 - Moveathon in January, Field Day is coming up; Two Engage and Grow days during the year
 - Lots of signs for allergies in building
 - Part of Health class will be looking at food waste
 - Starting a PE and Health Facebook page
 - Focus is on helping kids to find ways to be active during recess
 - Letters to Self are Written in Health 6- they read them in Health 8 and in Health 10
- Middle School
 - Nominated for the US Department of Education Green Ribbon Schools
 - Growing Greens for our salad bar
 - Working on Reclamation project in the woods to bring it back to a native forest
 - Next Steps
 - A future project is a path around OMS
 - Classroom space in the Oak Forest
- OHS
 - Fitness - PE classes have changed the focus
 - Strength and Conditioning, Adventure Ed, Lifetime Fitness
 - Adaptive Phy Ed
 - each student has a one to one student peer
 - Health
 - Nutrition units are difficult
 - Academic and Career Planning
 - Career Wellness Unit - some career exploration and planning for junior and senior year
 - Health 10 students taught a Career Cluster workshop for 140 students in Grade 6

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- Students on our wellness committee- we have asked students and have not yet found students interested in being part of the committee. We are now thinking about recruiting Teachers for Tomorrow.

- WI School Health Awards & Healthier Generation Federal Award Updates:** All buildings have applied for WI School Health Awards. OHS has applied for the Federal School Health and Let's Move Active Schools awards
- Elementary Healthy Celebrations Changes for 2018-19?:** Elementary reps/Principals and 5-12 Administrators Next Steps
 - 5-12 Next Steps- planning committee this summer
 - Continue with the new practices for K-4 Celebrations - promote non food celebrations

- Staff Wellness opportunities update:** Julia Bavery Open Enrollment for Health & Flex Spending
 - Meeting last week with other districts focused on staff wellness
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- OSD Food Service Update:** Robyn Wood & Greg Gatcombe
 - HUSSC Awards- all buildings have achieved!
 - Try It Today- Brussel Sprouts, Basil Pesto, Butternut Squash Hummus;

- Student, Parent & Community Ideas for Next Steps-** Green & Healthy Schools submissions are lengthy to complete. Should there be a district committee to support completing submissions.
 - OSD Wellness could take on Health and Wellness component of Green & Healthy Submissions

DISCUSSION:

- Date for fall 2018 meeting: November 7, 2018, District Services Meeting Room, 4:30-6:30. A light meal will be served.**

Adjourn: 6:27pm