

Wellness Committee Meeting Minutes
Wednesday November 7, 2018
District Services Meeting Room
123 East Grove Street

- ❑ Present:
 - ❑ Darren Hartberg, Oregon Middle School; Dawn Goltz & Anna Seidenstricker, Prairie View; Jessica Sharkus, DPI & parent; Julia Bavery, Human Resources; Deb Bossingham, Aquatics Director Oregon Pool; Jackie Amlong, 4K Principal; Becky McCabe, School Nurse; Raven Faulker, School Nurse; Emily Burns, Netherwood Physical Education/Mindfulness; Leslie Bergstrom, Director of Learning & Student Achievement; Robyn Wood, Wellness Co-Chair & Director of Food Service; Juanita Weinert, OHS Health teacher; Jenna Sward, OSD AmeriCorps; Kelli Pierce, Rome Corners Health/PE; Julia Stanley, Dane County Healthy Kids Collaborative; Amy Miller, District Wellness Co-Chair, Community Ed. Director

- ❑ **Update: Health & Wellness In Dane County- What's Happening?**
Julia Stanley, Dane County Healthy Kids Collaborative
[Dane County Healthy Kids Collaborative Update to OSD Wellness Committee](#)

- ❑ **Choose April/May Meeting Date-**
 - ❑ **Wednesday April 17th 4:30-6:30pm**

- ❑ **Wellness Shirts** - Please Wear Your Shirts and email Amy Miller if you need additional shirts for staff members or community members that are supporting wellness in your school/building

UPDATES:

- ❑ **AmeriCorps Position & Grant Update :** Leslie Bergstrom, Jenna Sward & Robyn Wood (5-10 min)
 - ❑ Farm to School [OSD Farm to School Update](#)
 - ❑ Education Goal - teach 450 students in OSD a series of 5 lessons on nutrition, food science and healthy habits (partnering with Dan Hillgartner, BKE).
 - ❑ Nutrition Education standards are being used
 - ❑ Teach a Community Ed cooking class in late winter/spring
 - ❑ Try It Activities
 - ❑ Fall Try It - Farm to Kitchen Chili- vegan and gluten free!

- ❑ **Active Healthy Schools Share Out** - 4K & all buildings: Share up to three (3) successful active healthy school strategies or goals for 2018-19 for your building - building reps (3-5 min each)

4K

- ❑ Completed Healthier Generation surveys
- ❑ Equity lens - snack policy is in discussion

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- 4K staff was trained in Mindfulness

Brooklyn

- The Student Green Team has started under the advisement of Jess Homan, Jess Spitzer, Kelli Massey and Jessica Erdahl. We have approximately 15 kids on the team and 15 kids on patrol.
- Most classes took part in garden clean up and winterization. They have been composting and fall harvesting.
- Third and fourth grade all took part in The Farm to Table Survey designed by Jenna Sward.
- Jenna Sward F2S AmeriCorps volunteer organized the Apple Crunch for our lunchroom in October. Kids loved it.
- We are sending Jessica Spitzer and Jessica Erdahl to The Dells to accept our Gold award from the state.
- Brooklyn will be building a hoop house this school year

Prairie View

- Running Club - 6 week session
 - 80 kids participating
 - runs in fall, winter and spring
 - Tina Jones, Sue Amend, Amanda Heath support the club
 - eat a snack or have breakfast before they go to school
- Move-a-thon, Color Run
- Increasing daily movement into classrooms
- Increase parent and family involvement in our garden
- Incorporate Mindfulness into our POP Groups

Netherwood

- Incorporating second-step/SEL curriculum in Guidance, Character Families, and Mindfulness
- Active brain breaks and movement breaks as well as boxes of fidgets in hallways
- After-school yoga, pot-lucks, staff socials

Rome Corners

- Goals
 - Working on 2nd Step Curriculum - Social and Emotional learning (groups of 12 students)
 - Work on Green and Healthy Initiative
 - Continue to work on gardens initiative

OMS

- Social Emotional Learning/ Mental Health Awareness
- Leaf Raking - community service
- Fun Run -annual event in November. Whole school participation

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- ❑ Hoop House- working with UW Madison Engineering to develop a drip line.
- ❑ New STEM class with Craig Fischer,

OHS

- ❑ Active Classrooms - finding ways to share with other staff
- ❑ Students - 3 will be joining the OHS Wellness Committee
 - ❑ focus on healthy snacks and sleep
 - ❑ Snacks - kids enter name and reason for picking up a snack
 - ❑ Health 10 students were surveyed regarding eating breakfast and snacks

Oregon Pool

- ❑ Pool attendance is high!
- ❑ Pool hours 5:45am-8pm
- ❑ Pool is more than swimming for the community - Kids come for food when they are hungry

- ❑ **Elementary Healthy Celebrations Changes for 2018-19:** Elementary reps/Principals (3-5 min) - How is it going? Any changes needed moving forward?
 - ❑ Need to share with parents more often during the year
 - ❑ Dawn Goltz sends the letter/policy info home with kids when sugary treats are brought to school that are bagged and sent home.
 - ❑ Dawn has the students help her bag treats in her office to spend time with the birthday child and celebrate the child
- ❑ **Staff Wellness opportunities update:** OSD Human Resources Rep. (5 min)
 - ❑ HR is working with Quartz to create a wellness strategic plan for employees
 - ❑ Jina and Candace are working to find ways to deal with stress and anxiety
- ❑ **Nurse Update**
 - ❑ Vision screening completed - got some kids free glasses
 - ❑ Bridging Brighter Smiles is coming to Oregon again to clean children's teeth during the school day
 - ❑ Health Office Paraprofessionals in buildings are creating a list of students that come to health office often and sharing it with school counselors
 - ❑ there is an increase in health visits at RCI this year - we are currently looking into why the increase.

DISCUSSION:

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- ❑ **Review Wellness Policy:** all (15-20 min)
 - ❑ [OSD Wellness Policy 721](#)

 - ❑ **Healthier Generation & WI School Health Awards Update:** Amy Miller (5 min)
 - ❑ WI DPI is currently updating the School Health Award application. We will update in May as to the 2019 protocol for applying

 - ❑ **Other Updates/ Bike Rack Items:** (5 min)

 - ❑ **Adjourn: 6:28pm**
 - ❑
- Next Meeting: Wednesday April 17th 4:30-6:30pm**