

OSD Wellness Agenda

May 8, 2019

Agenda Item	Time	Lead
<p>Present: Leslie Bergstrom, Deputy Superintendent; Jenna Sward AmeriCorps F2S; Robyn Wood, Director of Food Service; Julia Bavery, Human Resources, Juanita Weinert, OHS; Darren Hartberg, OMS; Raven Foulker, School Nurse; Emily Burns, Netherwood; Krista Flanagan, School Board Member; Amy Miller, Community Education Director; Deb Bossingham, Aquatics Director Oregon Pool;</p> <p>Not Present: Dawn Goltz, Principal, Prairie View Elementary; Kerri Modjeski, Principal, Brooklyn Elementary; Kelli Pierce, Health Teacher Rome Corners; Jessica Sharkus, Parent; Jim Pliner, OHS Principal; Shannon Anderson, OMS Principal, Jason Zurawik, RCI Principal; Chris Kluck/Stephanie Snyder-Knutson, NKE Admin;</p>	5 min	Amy Miller/ Robyn Wood
<p>Update: AmeriCorps Farm to School in Oregon. What's Been Happening in 2018-19?</p> <ul style="list-style-type: none"> • Spring Wellness Meeting Farm 2 School Update 2019 	10 min	Jenna Sward
<p>Choose Oct./Nov. Meeting Date- all Wednesday October 2, 2019 4:30-6:30pm</p>	3 min	all
<p>AmeriCorps Position & Grant Update:</p> <ul style="list-style-type: none"> • We have applied for a new grant and are waiting for an update. • We are appreciative of all of Jenna's work 	5 min	Leslie Bergstrom

<p>Dane County Healthy Kids Healthy Schools Award:</p> <p><u>Healthy Kids Healthy Schools Award Module</u></p> <ul style="list-style-type: none"> • Group reviewed the draft of the new module 	<p>15 min</p>	<p>4K & all building reps</p>
<p>Discussion: Elementary Healthy Celebrations Changes for 2018-19</p> <ul style="list-style-type: none"> • Prairie View - Student will bag up treats in Dawn’s office and send it home. • Changes needed at RCI/OMS/OHS <ul style="list-style-type: none"> ○ RCI - concerns that treats are still being distributed at times • Recommendations from the group <ul style="list-style-type: none"> ○ Offer periodic reminders to Staff with a list of acceptable items; ○ Work with OCA Media to create a video featuring a high school student with an allergy which focuses on the challenges of living with an allergy or is a diabetic (or an equity issue). ○ Continue conversations about supporting staff wellness ○ Intentionalize and celebrate what we are doing well (tell staff in the specific building about it) ○ Periodically share other ideas for rewards / incentives ○ Offer Professional Development regarding seriousness of the health concerns like allergies and diabetes and SEL impact of treats on students ○ Middle School sends birthday postcards - an idea is to add a reminder to bring healthy treats or no treats. ○ Success!! OMS connections - students have been bringing in healthier snacks this year. 	<p>5 min</p>	<p>Elementary reps</p>
<p>Staff Wellness opportunities update:</p>	<p>5 min</p>	<p>Julia Bavery</p>

<ul style="list-style-type: none"> ● HR has had staff adjustments ● No Biometric screenings this year ● Focusing on mental health (stress) and how to support staff ● Our School Board has been having conversations about staff wellness ● Leslie is working to develop a professional development afternoon (in October) of wellness opportunities for staff. ● As of 2019, staff now has access to virtual appointments-you can set up your own appointment on my chart. 		
<p>Review Wellness Policy: <u>OSD Policy 721 Wellness</u></p> <ul style="list-style-type: none"> ● Strengths Health and Physical Education Curriculum ● Opportunities: <ul style="list-style-type: none"> ○ Healthier food options at school-sponsored events ○ Expansion of healthy celebration practices to RC & MS ○ Include in media literacy education food & beverage marketing, targeting kids and teens ○ Invite new committee members from FOSD, Athletic Boosters, and Food Pantry 	10 min	Robyn Wood/ Amy Miller
<p>Action for Healthy Kids & WI School Health Awards Update:</p> <ul style="list-style-type: none"> ● In March 2019, All schools completed applications and submitted them to the WI DPI 	5 min	Amy Miller
<p>Other Updates/ Bike Rack Items:</p> <ul style="list-style-type: none"> ● Friends of the Oregon School District served 40,000 snacks into school ● Recommended new members to add to our committee - <ul style="list-style-type: none"> ○ Representatives from FOSD & Athletic Boosters and Oregon Food Pantry 	5 min	Robyn Wood

<ul style="list-style-type: none"> • Thank you to Robyn Wood for her years of service to wellness in the Oregon School District • Conversations are being held in Dane County Healthy Kids Collaborative Meetings to develop new ways to support PE/wellness in middle level schools in Dane County. 		
Adjourn	1 min	Robyn Wood