

**Wellness Committee Meeting
Wednesday October 2, 2019
District Services Meeting Room
123 East Grove Street
4:30-6:30 p.m.**

Minutes

- ❑ **Introductions and bright spots:**
Present: Deb Bossingham, Aquatics Director; Becky McCabe, School Nurse; Julia Bavery, HR; Raven Faulker, School Nurse; Emily Burns, NKE Physical Education Teacher; Krista Flanagan, Board of Education Representative; Sarah Hilby, OSD AmeriCorps Member; Paula Slattery, Brooklyn Kindergarten Teacher; Kristy Zweig, Brooklyn 2nd grade teacher; Leslie Bergstrom, Deputy Superintendent of Learning and Student Achievement ; Sarah Tomasiewicz, School Nutrition Director; Darren Hartberg, OMS Health Teacher; Dawn Goltz, PVE Principal; Joanna Bisgrove, Medical Advisor to OSD and parent;

Not Present: Juanita Weinert, OHS Health Teacher; Jim Pliner, OHS Principal; Shannon Anderson, OMS Principal; Darci Krueger, RCI Principal; Kelli Pierce, RCI Physical Education & Health Teacher; Kerri Modjeski, BKE Principal; Jessica Sharkus, OSD Parent;

- ❑ **Update: What's New in OSD Food Service - Sarah Tomasiewicz**
 - ❑ [Presentation](#)
 - ❑ Additional Information:
 - ❑ As part of her district role, as requested, Sarah will visit classrooms to discuss menus and gather feedback from students.
 - ❑ RCI students are currently filming a video to demonstrate what is a meal and what is ala-carte. The video will be sent out to RCI parents and will be placed on the food service webpage.

- ❑ **Choose April/May Meeting Date- all**
 - ❑ **Wednesday April 29th 4:30-6:30pm**

UPDATES:

- ❑ **AmeriCorps Position & Grant Update :** Leslie Bergstrom, Sarah Hilby & Sarah Tomasiewicz (5-10 min)
 - ❑ Leslie Bergstrom introduced Sarah Hilby to the group
 - ❑ OSD is celebrating Year 3 of a Farm to School Grant
 - ❑ Sarah Hilby will serve as a nutrition educator and will facilitate outreach to local farmers to connect them to OSD food service.
 - ❑ Update from Sarah Hilby
 - ❑ This week she worked with Netherwood Knoll students to pick and serve carrots from their garden.

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- Next up - [Great Lakes Great Apple Crunch](#) - October 10th
 - Watch for additional information at all buildings!

- Leslie Bergstrom shared a new position in OSD for 2019-2020
 - Meghan Konopacki is a new .5 FTE Naturalist in the Oregon School District
 - Each elementary and RCI will be having Naturalist Clubs at their school.

- Active Healthy Schools Share Out** - 4K & all buildings: Share up to three (3) successful active healthy school strategies or goals for 2019-20 for your building - building reps (3-5 min each)
 - 4K
 - Continue to promote healthy 4K snacks across all sites
 - Encouraging movement through active play both inside and outside
 - Goal of incorporating Farm-to-School (Sarah H.) activities within our Outreach programs with children and families
 - Brooklyn
 - Garden - students have been down cleaning out the garden and preparing it for winter. They have saved sunflowers for the birds
 - "Don't Walk in the Hallways"- they can do different things while walking from one place to another.
 - Mindful Minute will be starting soon
 - Movement - Balsa Physics - integrating rhythmic movement with children. Rhythmic movement and sound.
 - Netherwood
 - New Sensory Pathway in the hallway
 - Focusing on Social Emotional Learning with monthly lessons
 - Fundraising for a new playground
 - Each classroom now has a sensory box for student use
 - OHS-
 - Onward book study for 40+ Staff members
 - Working SEL and PBIS into advisories
 - Having OHS students (Health Classes) mentor and teach at OMS about resiliency and SEL topics.
 - 7 Staff members working with SEL Coach on their PPG's for the year.**
 - OMS
 - Onward Book Study for staff focused on Resiliency

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- Using Second Step Curriculum for Social Emotional Learning
 - OMS will be planting tomorrow in the hoop house for the fall planting- lettuces, spinach, kale , cilantro,
 - Prairie View- no report**
 - Rome Corners-
 - Second Step Curriculum for social emotional learning
 - Stocked Opportunity Center with a variety of calm down activities for all students
 - Onward book study to begin in January.
 - Pool :)
 - Upcoming Community Events at the Pool
 - Glow Swim- Glow sticks , glow bags and glow ladders
 - FOSD - Cool Grant Cycle runs through October 31st. If you have an idea that focuses on wellness, apply!
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- Elementary Healthy Celebrations Changes for 2019-20:** Elementary reps/Principals (3-5 min) - How is it going? Any changes needed moving forward?
 - A concern was shared regarding equity that some families are unable to purchase a healthy celebration snack from food service due to financial constraints.
 - Krista Flanagan shared that possibly Friends Of Oregon School District (FOSD) could use funds to purchase healthy celebration snacks for families that qualify for free and reduced.
 - Recommendation was made that Sarah Tomaszewicz edit the current version of our Healthy Celebrations letter to include a sentence that informs families that are receiving financial support for breakfast and lunch that they can contact Sarah to receive financial assistance to purchase healthy snacks for a classroom celebration.
 - A recommendation was to contact building administrators to make sure teachers have the link to the healthy celebration letter so they can send out the letter each month to families whose child(ren) have a birthday in that month
 - Recommendation to update the Healthy Celebrations letter for 2020-21 to reflect **grades K-6.**
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- Staff Wellness opportunities update:** Julia Bavery, Human Resources Rep. (5 min)
 - Flu Shot are available for employees and spouses
 - Oct 7th (NKE)and Oct 17th (OMS) - a UW Health Nurse will be available for flu shots

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- ❑ October 25th - During our Professional Development, ALL staff are invited to participate in an afternoon of Wellness. Some activities will be focusing on Financial Wellness, fitness, mindfulness, yoga, and more!

- ❑ **School Nurse Update:** Becky & Raven
 - ❑ Vision and hearing screenings are taking place in the elementary buildings this fall
 - ❑ Both nurses are speaking to all Kindergarten classrooms regarding the importance of Handwashing-
 - ❑ We will be celebrating Global Handwashing day on October 15th.
 - ❑ Vaping - A great conversation focused on concerns local and with information regarding hospitalizations and deaths in the United States
 - ❑ Recommendation was to form a committee together to discuss, prevention, early intervention and cessation support for students who are unable to quit on their own.
 - ❑ Potentially bringing in a professional to speak to parents and community members to bring awareness to the community.

DISCUSSION/ACTION:

- ❑ **Review Wellness Policy:** all (5 min)
 - ❑ As a committee we reviewed policy from the lens of district staff, food service and building staff. Recommendations from the group included:
 - ❑ Focus on breakfast - We are looking for ways to increase the number of schools eating breakfast and the time allotment for breakfast.
 - ❑ Parent Education - How can we inform parents on the process for breakfast. Food Service will work on incorporating more information into the Free/Reduced meal program acceptance letter to better inform parents of the full benefit.

- ❑ **Dane County Healthy Kids Healthy Schools Assessment Activity:** Amy Miller (20 min)
 - ❑ [Healthy Kids Healthy Schools Assessment](#)
 - ❑ Each building including 4K is completing the assessment by October 7th. We will review results in April.

- ❑ **Action for Healthy Kids: School Health Index & Grant Opportunities-** Amy (5 min)
 - ❑ Announcement of WI School Health Awards will be at the end of October
 - ❑ Details for how to apply for the 2019-2020 School Health Award are coming soon.

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<https://dpi.wi.gov/sspw/coordinated-school-health/wisconsin-school-health-award>

- ❑ **Other Updates/ Bike Rack Items:** (3 min)
- ❑ **Adjourn:** 6:28pm