

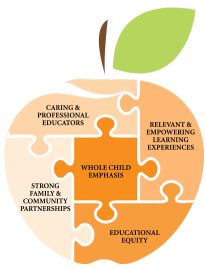
Wellness Committee Meeting Tuesday November 17th, 2020 5:00-6:30pm

Minutes

Present: Sarah Tomasiewicz, School Nutrition Director; Amy Miller, Community Ed Director; Maddie Smith, AmeriCorps Farm to School; Elise Cruz, Director of Planning & Zoning, Village of Oregon; Leslie Bergstrom, Superintendent; Jon Tanner, Director of Learning & Student Achievement; Jim Pliner, OHS Principal; Julia Bavery; Human Resources Rep.; Emily Burns, Physical Educator RCI; Tyler Steinmetz, Physical Educator, Netherwood; Dawn Goltz, Principal Prairie View; Shelby Retzlaff, Assistant Food Service Director; Krista Flanagan, Oregon School District Board of Education Member; Becky McCabe, School Nurse; Raven Foulker, School Nurse; Emily Staveness, School Nurse; Sherry Soliman, Teacher Forest Edge; Lindsay Galli, Teacher Forest Edge; Anna Seidenstricker, Principal, Brooklyn; Cynthia Olander, Principal, RCI; Molly Dall'Osto, Teacher Forest Edge; Paula Slattery, Teacher, Brooklyn; Jessica Sharkus, Parent; Kelly Pankratz, Instructional Coach, Forest Edge; Kelli Pierce, Health Teacher Forest Edge;

Not Present: Megan Lund & Chris Balbach, Health & Physical Education, OMS; Deb Bossingham, Oregon Pool Director; Juanita Weinert, OHS Health Teacher; Shannon Anderson, Principal, OMS; Chris Kluck, Principal, Netherwood; Dr. Joanna Bisgrove, OSD Physician; Chris Kluck, NKE Principal; Cyndi Olander, RCI Principal; Jackie Amlong, 4K Principal; Darci Krueger, Assistant Director of Learning & Student Achievement; Colleen Horton, OSD Food Service;

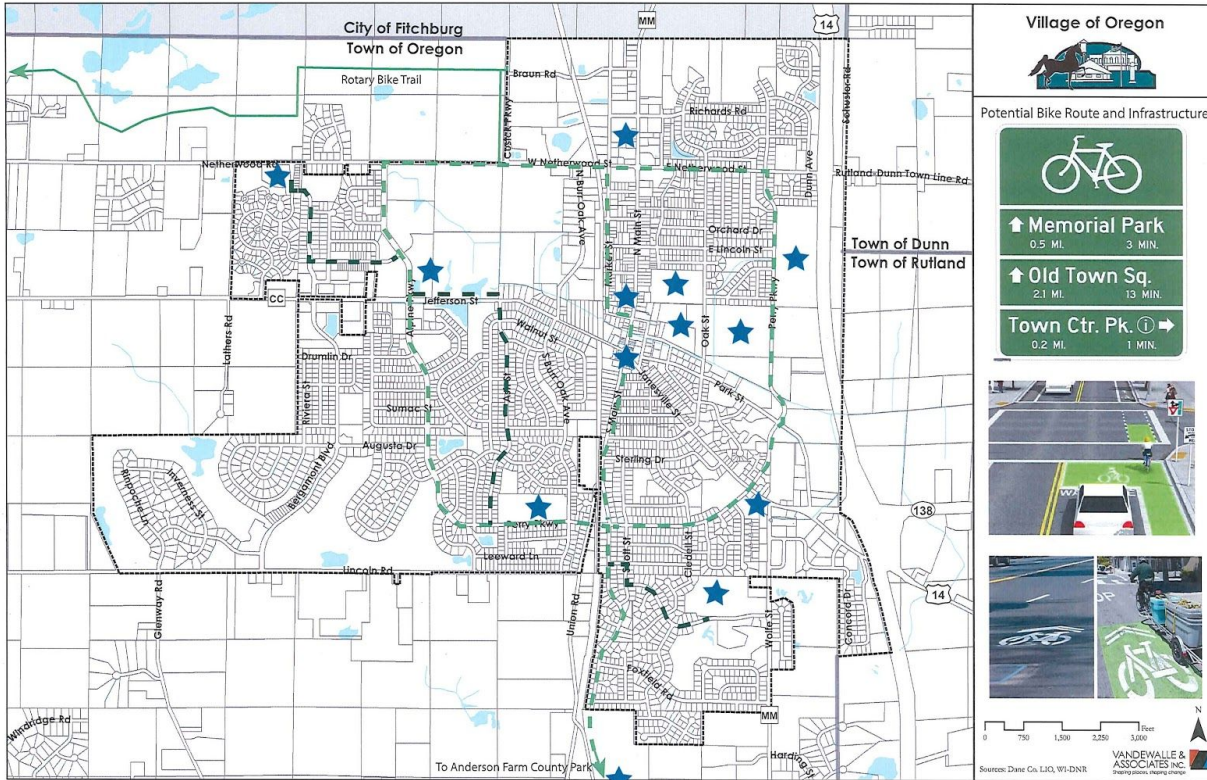
- ❑ **Update: Safe Routes to School "Vision"** - Elise Cruz, Director of Planning & Zoning Administrator, Village of Oregon
 - ❑ Major focus in Master's Program - public health and social justice within community planning
 - ❑ Current Projects associated with Safe Routes to School
 - ❑ Current project is to create bike routes that are family and community friendly (draft of bike route map is below)
 - ❑ Looking at ways to paint and sign routes
 - ❑ First users - Safe Routes to School, then families riding around town and third visitors riding in Oregon.
 - ❑ Trying to create a "Beltline" around Oregon for bicyclists to safely ride



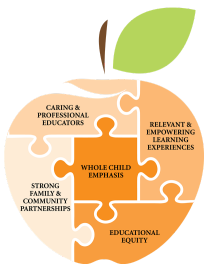
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- Sharrows - we are adding sharrows on the bike route to remind drivers that they are sharing the road.



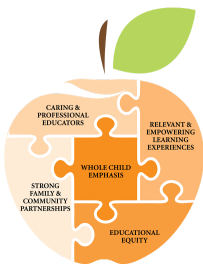
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- Sharrows are pavement markings installed in travel lanes, reminding motorists that they should expect to see and share the road with bicyclists by slowing down and passing only when safe, giving at least three feet of clearance when passing. Sharrows can be used on a variety of street types. They may be used on busier streets where we would prefer to have bicycle lanes but do not have the space for these, or they can be used on lower volume streets where we are encouraging bicycle traffic (bicycle boulevards).

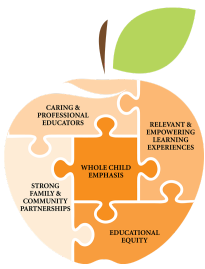
[Bike Friendly Communities Scorecard](#) - The Village of Oregon applied for the bike friendly community program in 2019. Completing the application gave us concrete next steps for planning.

- ❑ **Update: [What's New in OSD Food Service](#)** - Sarah Tomaszewicz
 - ❑ Last Year vs. this Year
 - ❑ Spring 2020 into summer - food service served 250-300 students/day
 - ❑ Fall 2020 - Food service is serving 1000 kids/day
 - ❑ October By the Numbers - OSD Food service distributed 20,612 Breakfast & 21,500 Lunches
 - ❑ There are four Ways to Participate- in school breakfast & Lunch
 - ❑ Kiser Shelter - Offers Daily Meal Pick up
 - ❑ Kiser Shelter - Offers M/W Evening Meal Pick up



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- Delivery to homes in our school district Monday & Wednesday
 - Daily lunch delivery to the following Daycares -
 - ASC, ODI Mariposa & Heart of Brooklyn
 - New Menu Items recently added:
 - Wild Mike's Pizza
 - Calzones
 - Fried Rice
 - Chicken Fajita Bowl
 - Breadsticks and Italian Meat Sauce Dippers
 - More fresh produce
 - Joined WI-SNP Buying Group
 - Access to more K-12 specific items
 - Cleaner Labels- eliminated unwanted ingredients in foods
 - Gordon Food Service added
 - Partnered with Bill's Food Center to partner with Harvest of the Month
 - WI Innovation Kitchen - is a new partner to bring in applesauce
 - Student Input
 - Breakfast and lunch survey
 - Taste Tests - ASC - "Kids of the DO"
 - Strawberry Parfait Compétition
 - NSLW Favorite Lunch Drawings
 - USDA Released New Guidelines
 - Lower Sodium
 - Non-fat flavored milk
 - All grains are whole grain rich
 - Healthier a la carte items
 - continue eliminating unwanted ingredients (high fructose corn syrup, MSG, added colors)
 - Switch to real beef, not beef with fillers
 - Incorporate more locally sourced ingredients/items
 - Self serve fruits and vegetables at the elementary school
-
- Update:** [What's New in AmeriCorps Farm to School Program](#)- Maddie Smith
 - Highlights from Summer into Fall
 - Take Home Educational Kits - a partnership with the Oregon Public Library
 - [Link](#) to the district webpage- [Farm to School Page](#)
 - Menued Local Foods

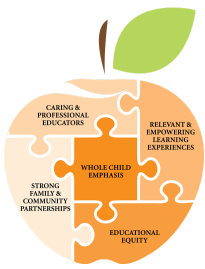


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- New Program in Collaboration with Bill's Food Center - Harvest of the Month
- 15 Minute Virtual Farm Tour
 - [Virtual Urban Farm Field Trip with Maddie Smith](#)
 - [Virtual Field Trip - The Farm House CSA with Maddie Smith](#)
- Final Meeting Date for 2020-2021 School Year-**
 - Tuesday April 20, 2021 from 5:00-6:30pm**

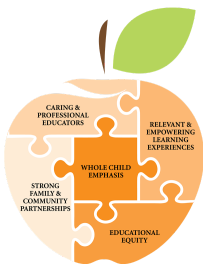
UPDATES:

- Active Healthy Schools Share Out - 4K & all buildings:** Share how you have kept a focus on Health & Wellness During COVID-19 in your building - building reps (3-5 min each)
 - 4K-
 - Focus on being outside as much as possible during in-person learning (classes have made improvements to their outdoor spaces and/or focusing on connecting learning and plan within nature)
 - Weekly distance learning plans specifically highlight activities each day for gross motor movement and development all centered around a weekly theme
 - Staff bulletins and communication include focus on self-care and mental health
 - Brooklyn
 - Garden Clean up- working this fall to Clean up the garden with help of parent volunteers- goal is to have the garden ready for spring planting
 - We received a grant for mini hoop houses to cover the beds - we will be building them this spring
 - Current Project to add movement paths in the hallways - looking at hallways to add indoor movement break paths
 - Forest Edge
 - In the planning stages of designing a garden with a goal of building it in spring
 - Current Phased Restart students - we are social distancing outside with kids as much as possible
 - Rotations teachers have started social distance walking group during lunch
 - This fall an outdoor storywalk for a movement activity was placed on the school grounds



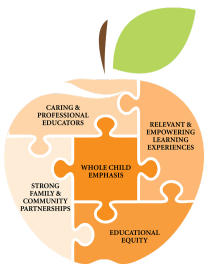
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- Focusing on Staff wellness- we are creating a photo collage and appreciations for each other
- Netherwood
 - Student wellness - working to create indoor sensory paths in our hallways for movement breaks
 - This year we have added 3 minute brain break activities for in person classes
 - Staff Wellness - We are offering Mindfulness breaks
 - SSIT Forms - staff can complete with any staff or student concerns
- OHS
 - Promoting health & wellness through Panther Connections
 - Every week 2 physical activities videos are shared- led by Caitlin Cox
 - Today was Sun Salutation
 - One SEL lesson is presented each week- current topics include:
 - Healthy habits
 - Mindfulness
 - Staff Wellness
 - Yoga and Meditation for staff over lunch M-F
 - Hope Squad Suicide Prevention Student Club
 - Started in August 2020
 - Nominated students have been trained to serve as good listeners to support students who are experiencing suicide ideation.
 - Pride Crew Club
 - Seniors are assigned to freshman and are helping with the transition
 - Neighborhood model
 - vertical teams supporting groups of kids
 - New this year to give the large high school a smaller feel.
- OMS
 - School Garden - OMS staff and volunteers from Oregon Cub Scouts winterized the garden
 - Virtual schedule - longer breaks between classes to encourage movement. One hour for lunch scheduled also to encourage movement break.
 - One SEL lesson is presented each week- current topics include:
 - Healthy habits
 - Mindfulness



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- Connections - All students have their Connections teacher for a class this year. We did ready-set-go and fall conferences within this structure for the first time this year. We got a lot of positive feedback from students, parents, and staff on the relationships that have been built in this process.
- Physical education and health classes are all taught synchronously to all students.
- Prairie View
 - School Garden - currently working with volunteers to winterize our gardens before it snows
 - Planning to purchase new playground equipment
 - focusing on imaginative play. Hoping to get new equipment installed in the near future.
 - Movement breaks
 - In planning stages to move and add hallway paths for movement breaks in certain hallways
 - Teachers do take kids for movement breaks - outside or in the gym
 - Running Club
 - Supporting a before school running club the past 2 years
 - For grades 2-4 - Will try to do it this year once older students in Phased Restart return and it is safe to offer.
 - Staff wellness -Offering Staff activities including using Jamboard and Trivia contests
- Rome Corners
 - Every week students have live Physical Education instruction as well as asynchronous
 - Wednesdays they have workout club and yoga
 - Mindfulness is practiced through mindful minutes
 - Staff Wellness - will soon be organizing mix it up lunch for staff
 - working to clean up our garden.
- Pool
 - Is open for lap swim
 - Following Public Health Madison Dane County Guidelines
 - Schedule is being updated every 2 weeks at this time.
- Elementary Healthy Celebrations Changes for 2020-2021:**
 - Updates to our letter and guidelines will emphasize and promote celebrating the child with minimal emphasis on food.
- Staff Wellness opportunities update:** Julia Bavery

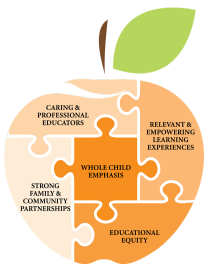


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- Flu shot was offered at the beginning of November
- Wellness Wednesday updates are being emailed out each week
 - Please share any topics you would like included to [Jina Jonen](#)
- School Nurse Update:** Becky McCabe, Raven Foulker and Emily Staveness
 - Dental Cleanings in Schools for our Students - Coordinating with Bridging Brighter Smiles to bring in hygienists in the near future
 - With COVID-19, nurses are currently hearing and vision screenings based on referrals only (different than other years)

DISCUSSION/ACTION:

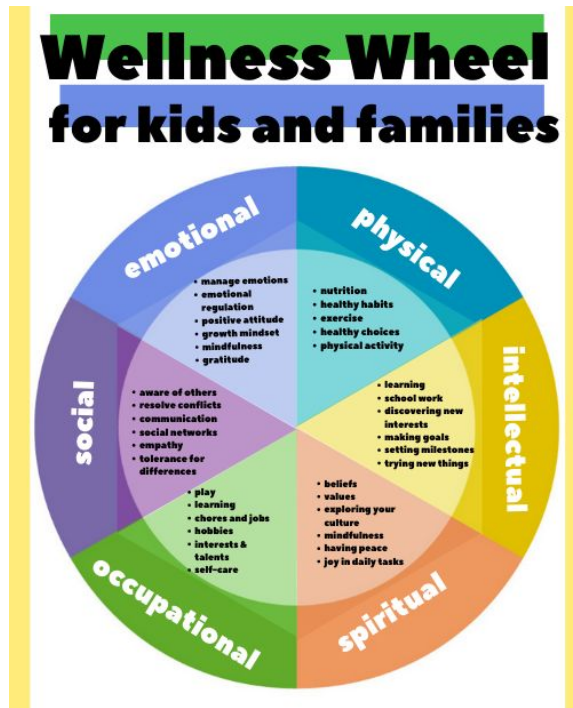
- Review Wellness Policy:** all (5 min) - Reviewed Section 721.08 as a group.
- 721.08.02: The Committee shall implement, review and update this policy in accordance with the Healthy, Hunger Free Kids Act of 2010, the Food and Drug Administration's regulations, and other applicable federal or state laws. **The Committee will meet a minimum of two times annually.** At least every three years starting in 2017-18, **the Committee shall assess each schools' compliance with this policy** and make the results available to the Board and to the public on the District's website. **The assessments must include: (a) the extent to which the schools are in compliance with the policy; (b) the extent to which this policy compares to model school wellness policies; (c) a description of the progress made in attaining the goals of the policy;**(d) policy compliance by making the assessment available to the public in an accessible and easily understood manner; and (e) recommend updates to the policy based on the assessment.
- 721.08.03: The Wellness Coordinators shall chair the Committee. **The Committee shall be composed of the following members:**
 - Board Representative
 - Administrators
 - School Nutrition Director
 - Physical Education and Health Teachers
 - School Nurses
 - Human Resources Staff
 - Parents
 - Community Members
 - Community Education & Recreation Director
 - Students
 - Other members as the Committee deems appropriate



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- ❑ 721.08.04: **The Committee shall retain records of its meetings, including the members attending the meetings, documentation of the triennial assessment of this policy, and compliance with the notice requirements under this policy.**

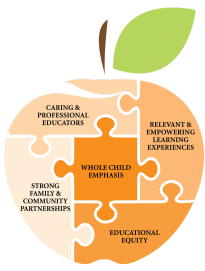
- ❑ **Parent Outreach with Health & Wellness information:** all (20 min)
 - ❑ How are we supporting & educating parents at each grade band- reviewed the following questions and asked building reps to gather information.
 - ❑ What resources do we use that have parent components?
 - ❑ Are we sending out the parent component?
 - ❑ When do we send it out? (at the beginning of the year or semester or at the time of the unit/lessons?)



- ❑ **WI School Health Award-** Amy Miller (2 min)-
 - ❑ Update: Application timeline will be later this year. (Wisconsin is not using the Action for Healthy Kids School Health Health Index this year).

- ❑ **Other Updates/ Bike Rack Items:** (3 min)
 - ❑ none

- ❑ **Adjourn: 6:27pm**
 Minutes respectfully submitted by Amy Miller



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