

**Wellness Committee Meeting  
Tuesday May 12th, 2021  
5:00-6:30pm  
via Google Meet**

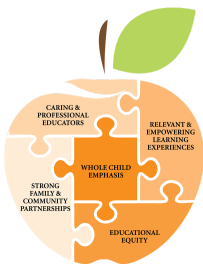
## Minutes

**Present:** Sarah Tomasiewicz, OSD Food Service; Julia Bavery, OSD Human Resources; Ahna Bizjak, OSD Board of Education; Anna Seidenstricker, Brooklyn Principal; Emily Burns, RCI Health & Physical Education Teacher; Jim Pliner, OHS Principal; Juanita Weinert, OHS Health & Family and Consumer Sciences Teacher; Lindsay Galli, Forest Edge Teacher; Madeline Smith, AmeriCorps Farm to School staff member; Mary Hermes, Prairie View Administrative Intern; Megan Lund, OMS Health & Physical Education Teacher; Raven Foulker, OSD School Nurse; Shelby Retzlaff, OSD Food Service; Amy Miller, OSD Community Education & Recreation; Jon Tanner, Director of Teaching & Learning; Deb Bossingham, Aquatics Director

**Not Present:** Dawn Goltz, Principal, Prairie View; Chris Kluck, Principal, Netherwood; Tyler Steinmetz, Physical Education Teacher, Netherwood ; Cyndi Olander, Principal, RCI; Kerri Modjeski, Principal, Forest Edge; Kelly Pankratz, Instructional Coach, Forest Edge; Molly Dall' Osto, Art Teacher, Forest Edge ; Paula Slattery, Teacher, Brooklyn; Shannon Anderson, Principal, OMS; Chris Balbach, Health & Physical Education Teacher, OMS; Brian Hookstead, Health & Physical Education Teacher, OHS; Dr. Joanna Bisgrove, SSM Health & OSD Medical Advisor; Jessica Sharkus, Parent; Heather Garrison, OSD Board of Education; Emily Staveness, OSD School Nurse; Becky McCabe, OSD School Nurse; Sherry Soliman, Teacher , Forest Edge; Colleen Horton, Food Service, RCI; Leslie Bergstrom, Superintendent, OSD; Kelli Pierce, Health Teacher, Forest Edge; Darci Krueger, Assistant Director of Teaching & Learning; Jackie Amlong, 4K Principal;

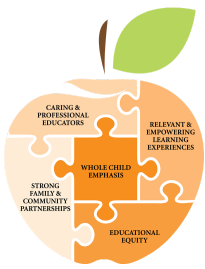
- [Let's Celebrate!](#)** - Sarah Tomasiewicz
- Introductions and bright spots:**
- Update:** **[What's New in OSD Food Service](#)** - Sarah Tomasiewicz
- Update:** **[What's New in AmeriCorps Farm to School Program](#)**- Maddie Smith
- Choose November 2022 Meeting Date- or not... :)**
  - Will choose a meeting date in the Fall- either in October or November

### UPDATES:



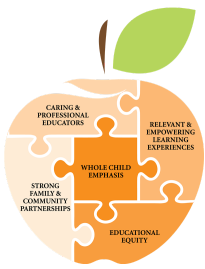
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- ❑ **AmeriCorps Position & Grant Update :** Jon Tanner
  - ❑ Current goals of the grant/positions -
    - ❑ Our grant application was approved for next year!
    - ❑ Grant will be two .50 FTE positions
  - ❑ Maddie Smith will be staying with us for a .50 FTE in 2021-2022 school year. We are posting the other .50 FTE position
  - ❑ Looking forward to 2021-22!
  
- ❑ **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  
Let's Celebrate!!
  - ❑ OHS
    - ❑ Hope Squad was started this year at OHS! Hope Squad is a Student Club focused on Suicide Prevention and building community.
      - ❑ Next week is our first ever Hope Squad week- The theme is Keep Swimming.
        - ❑ Students will find sidewalks and hallways decorated with positive messages.
        - ❑ Yellow bracelets with HOPE written on them will be available for students to pick up.
        - ❑ Toilet talks of Hope will be put up in bathrooms
    - ❑ Prom will be at OHS May 22nd
      - ❑ The week of May 17th, OHS will have Prom & Hope Squad combined dress up days
        - ❑ colors representing mental health awareness
    - ❑ During this school year, teachers Caitlin Cox and Ali Hrkes offered daily mediation with staff
  - ❑ 4K
    - ❑ Focus on outdoor education and learning through nature & play
    - ❑ Weekly distance learning plans all incorporated a focus on gross motor & movement activities that minimized reliance on technology to stay active
    - ❑ Yoga Mats - pilot collaboration with Happy Wellness for age-appropriate yoga instruction with visual aid yoga mats
    - ❑ Collaboration with AmeriCorps Farm to School staff member Maddie Smith for virtual field trips and videos focused on wellness & mindfulness



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- ❑ Brooklyn
  - ❑ Collaboration with PTO - we now have 3 movement hallways
  - ❑ Installed projector in cafeteria to add an additional location for movement breaks
  - ❑ Garden day this Friday! Used a grant to put hoop house covers over raised beds . Planted seeds in March- ready to plant in our garden beds soon!
  - ❑ Due to COVID-19, we added a recess zone by the garden - kids have been in the garden everyday exploring
  - ❑ Several classes have been working with our AmeriCorps Farm to School staff member, Maddie Smith
- ❑ Forest Edge
  - ❑ We have added new recess zones due to COVID-19.
    - ❑ New activities this year -Bags and bubbles
    - ❑ Ring toss and chalk at recess
  - ❑ This year we created two movement rooms - one gross motor(movement) and one sensory room (calming).
  - ❑ We have an outdoor nature club
  - ❑ We are getting ready to start gardens for next year- 14 beds to be started this summer
  - ❑ Green and Healthy Club will be meeting this summer to help with gardens
  - ❑ Sunshine Club supported staff this year during COVID-19 with fun activities
- ❑ Netherwood
  - ❑ Student health: the PE department at all 4 elementary schools did an importance of sleep month in March. Students filled a sleep log and learned about the importance of sleep and the factors that influence sleep.
  - ❑ Staff: it's been hard to keep up with staff health. This needs to be a priority next year.
- ❑ OMS
  - ❑ Worked to revamp Health curriculum to a skills based curriculum focused on wellness
  - ❑ PE worked to infuse wellness component into Physical Education classes
  - ❑ PE has had fun creating movement videos
  - ❑ Friday activities for staff
    - ❑ Life size trouble and shoots and ladders
  - ❑ Excited to keep going and learn about Farm to School and Green & Healthy Schools



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**Prairie View**

- We were not able to support a student led green and healthy team this year due to COVID-19
- Mindful minutes - offered all year in person and virtually
- This year, we scheduled movement times for class cohorts - used outdoor spaces when we could
- As we expanded our playground spaces into new zones, we purchased new games and equipment - games were first taught in Phy Ed so students would know how to play them during recess.
- Gardening - we are getting ready to plant!
  - Planting seedlings in hoop house at Netherwood in March
  - planting in our garden beds soon
  - PVE will host a gardening class this summer
    - Along with the gardening class, we will be working with families to weed and water during the summer

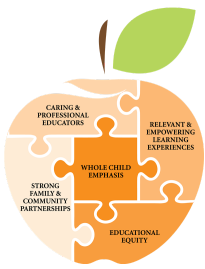
**Rome Corners**

- Focusing on SEL time everyday
  - online and in person
- Each class cohort has 2 recess times to increase movement breaks during COVID-19.
- Class cohorts also take movement breaks in their classrooms
- Purchased some new PE equipment this year
  - Lacrosse sticks
  - ladder golf
  - spikeball and more!

**Pool**

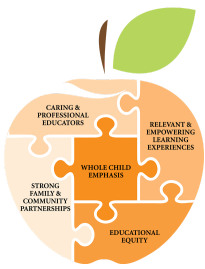
- We have started Swimming lessons again at the pool
- We are starting to hire more staff and working on inservice training with a new life size mannequin. This will help with safer training during this time of COVID-19.
- We have also purchased a new CPR mannequin for our District CPR classes that shows if your compressions are circulating blood. (instant feedback)
- The district is getting a new reservation system which will allow us to lend out equipment to the public at the pool (ie, pickleball, bags game, giant Jenga, etc.)

**Elementary Healthy Celebrations Changes for 2021-2022:**



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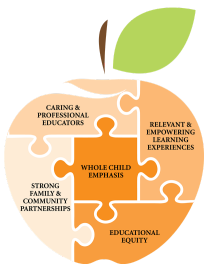
- ❑ **No birthday treats this year - where do we go from here?**
  - Feedback from the group**
    - ❑ Families are more understanding that treats are not allowed in school this year with COVID-19
    - ❑ Depending on the district decision moving forward, it will be important to understand the why.
    - ❑ OSD Wellness Co-chairs will be meeting with K-8 building administrators to determine next steps for next year regarding celebrations for 2021-22. Considerations/feedback included:
      - ❑ SEL focus and include a list of non food celebrations
      - ❑ 6 feet with masks off - classroom snack may not be an option
      - ❑ Having a list is helpful
      - ❑ Reminders of celebration practices throughout the year!
      - ❑ Consistency - it is hard when other kids are doing it
  - ❑ Concern that candy may still be handed out in some buildings
  
- ❑ **Staff Wellness opportunities update:** Julia Bavery
  - ❑ Not too much in the past year due to all the ongoing changes with the pandemic.
  - ❑ HR has been working with public health to get everyone that wanted to be vaccinated, vaccinated
    - ❑ Hosted vaccine clinics for staff and soon for students
  - ❑ Open enrollment for flex spending is happening now
  
- ❑ **School Nurse Update:** Raven
  - ❑ Big project was collaborating with Bridging Brighter Smiles to support teeth cleaning and check ups - Wednesdays this year
    - ❑ cleaned 75 students teeth at school
    - ❑ used buses for transportation as needed
    - ❑ Nurses also support some students to get glasses
    - ❑ No universal vision screening was offered this year due to COVID-19
  - ❑ RCI - Free menstrual products available in bathrooms
    - ❑ MS & HS - coming soon
    - ❑ FES - coming soon
  - ❑ Changes in nurse duties due to COVID-19 -
    - ❑ student one on one time is less
    - ❑ follow up calls were completed for every child who calls in ill
    - ❑ contract tracing - ongoing with all cases
    - ❑ communicating with more families than ever!



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**DISCUSSION/ACTION:**

- Review Wellness Policy:** all (5 min)
- 721.01** – The Oregon School District believes students’ physical, mental and psychological wellness is an important component in their ability to learn. The following standards are **established to provide opportunities for students to develop the habits, skills and knowledge necessary for life-long wellness.**
- 721.02 – Nutrition Goals**
  - 721.02.1:** **The School Meal Program shall promote healthy meals and meal alternatives** as part of the educational environment
- 721.03 – Nutrition Promotion** **Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices** and encourage participation in school meal programs.
- 721.04 – Nutrition Education**
  - 721.04.1:** **The District aims to teach, model, encourage, and support healthy eating by students.**
- 721.05 – Physical Activity Goals**
  - 721.05.01:** The nationally **recommended** amount of **daily physical activity is at least 60 minutes per day. The District shall provide opportunities for students to obtain this level of daily activity through regular instruction in a physical education class, co-curricular activities, recess, intramurals and other opportunities for physical activity before, during and after school.** The District shall also make facilities available to District residents and students for the purpose of providing opportunities to meet this standard. Physical activity will not be withheld as punishment unless there is a health and safety concern for the student, other student(s) or staff member(s).
- Your Fitness and Wellness Wishlist** all (20 min)
  - If you had a magic wand, money or access to people or things, what would you want for our students and staff to improve or enhance their fitness and wellness?
    - Adventure Education - at middle school
    - Skill building , trusts and building community
    - Team building activities
    - Hydroponics at any building - for lettuce



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- Could be a wall of lettuce growing in a kitchen or cafeteria or staff lounge.
- School District in Monroe just added Hydroponics - a living wall
  - looks beautiful
  - in a kitchen or cafeteria
- Information to go home that focuses on activities/recipes for making healthy snacks (instead of crackers, etc.)
  - ants on a log
  - kids can make for themselves after school
- Drainage of garden at PVE - needs to be leveled
- Continuing to have Maddie (AmeriCorps Farm to School)
- At each school- bike racks where are they located?
  - relocating bike racks to be convenient for kids biking to school
    - location matters
    - highlight and promote active transportation
    - racks should be as convenient as the closest parking spot
- Each year offer a district office or school vs school wellness challenge
- Idea to highlight a new recipe each month that could go out with Dr. Bergstrom's email to parents and staff
  - from Farm to school
  - Get recipes out to staff members early so they could talk to students about it
  - Tie it into Harvest of the Month
  
- Other Updates/ Bike Rack Items:** (3 min) For discussion at our fall meeting and with administrators prior to the 2021-2022 school year
  - Wellness Competition for fall
  - Birthday Treats/Celebrations
  - Walkable and bikeable to school
  
- Adjourn:** 6:19pm
- Respectfully submitted by Amy Miller & Sarah Tomasiewicz