

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

Minutes

Present: Sarah Tomaszewicz, OSD Food Service; Amy Miller, Community Education; Alyssa Sanford, Dietetic Intern; Julia Bavery, Human Resources Rep.; Molly Dallosto, FES Teacher; Mary Hermes, 4K Principal; Maddy Smith, AmeriCorps Farm to School Staff; Lindsay Galli, FES Teacher; Heather Garrison, OSD Board of Education Representative ; Emily Staveness, OSD School Nurse; Isabel Greene, AmeriCorps Farm to School Member; Ahna Bizjak, OSD Board of Education Member; Alycia Foelker, OSD School Nurse; Leslie Bergstrom, OSD Superintendent;

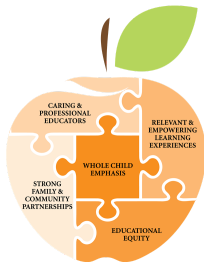
Let's Celebrate! - Sarah Tomaszewicz



Source: <https://pascostudentwellness.pasco.k12.fl.us/index.php/2016/09/14/just-grow-with-it/>

Update: Food Insecurity - What is it really & how does it affect our kids and families? - Alyssa Sanford

- [Presentation Slides](#)
- [Link to Presentation](#)
- High Food Security
- Marginal Food Security
- Low Food Security
- Very Low Food Security - reduced food intake and meal patterns have been disrupted



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Questions

- Free Breakfast and Lunch for all - have you noticed any differences in the number of students participating from previous years?
 - Students participating in the lunch program have increased this year.
 - Free and Reduced numbers have not changed this year - it is hard to say if our F/R numbers have changed due to the current federal guidelines in place where all students can access free meals.
- Will the breakfast program continue next year - yes we will continue to have a breakfast program. Depending on federal guidelines, it may not be free for all next school year.

Update: What's New in AmeriCorps Farm to School Program- Isabel Greene

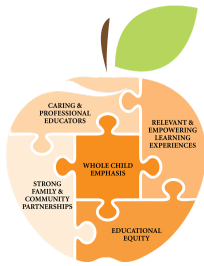
- The purpose of Farm to School program is to bring local foods into school lunches, offer nutrition lessons and support school gardens
- Kids Cooking Club is currently running afterschool through OSD Community Education
- Hydroponics garden at FES has just been installed

May Meeting Date: TBD

UPDATES:

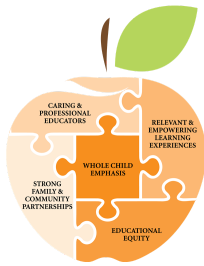
AmeriCorps Position & Grant Update : Sarah Tomaszewicz

- Current goals of the grant/positions
 - Our goal is to write & receive the grant every school year
 - We have two .50 FTE staff this year which is working very well for us!
 - We continue to focus on incorporating more local foods into the menu.
 - This year for the first time, we have been getting local ground beef.
 - We are incorporating it into our home made products
 - A goal is to get local yogurt on the menu in the near future.



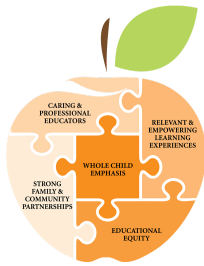
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- ❑ **Active Healthy Schools Share Out - 4K & all buildings:** Share how you have kept a focus on Health & Wellness this fall in your building - building reps
Let's Celebrate!!
 - ❑ 4K
 - ❑ Intentional focus on building relationships with students as we welcome them into their first school experience.
 - ❑ Universal Zones of Regulation language.
 - ❑ Aim for "One hour of (uninterrupted) play everyday!"
 - ❑ Educating families on the benefits of play in our monthly newsletter.
 - ❑ Learning themes related to healthy bodies.
 - ❑ Increase engagement in outdoor play spaces-- incorporating mud kitchen, gardening, and harvesting vegetables for our snack time.
 - ❑ Focus on staff wellness with 'Onward' book study.
 - ❑ Brooklyn
 - ❑ Universal morning meeting for connection and community. Additionally, all BKE teachers are implementing Second Step lessons in their classrooms.
 - ❑ Student Green Team with 3rd and 4th grade students has been leading school G&H initiatives including recycling, composting, and movement breaks.
 - ❑ Walk or Wheel to School participation.
 - ❑ Movement room and movement hallways used by students for movement breaks. New this year: Sensory room as a calming place for students to regulate in ways without movement.
 - ❑ We have been consistently serving 80-100 students for breakfast each day.
 - ❑ Fall harvesting in the garden.
 - ❑ Classes all participated in garden clean up this fall.
 - ❑ Staff community building opportunities throughout PD days and staff meetings.
 - ❑ Forest Edge
 - ❑ Garden beds- Student involvement over the summer, in classrooms and during Learning Lab this fall - lots of tasty produce!
 - ❑ The zen den opened is was staffed for part of the day.
 - ❑ The movement room.
 - ❑ Scheduled movement breaks with paras for students who need it.



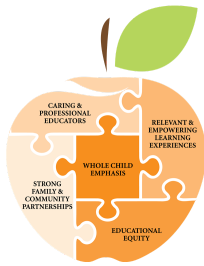
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- Rock Climbing Wall - new learning opportunity for movement in PE.
- Walk or Wheel to School - The Fitchburg Mayor organized this event.
- Vertical hydroponic system - growing a variety of fruits and vegetables.
- An overall focus on staff wellness, taking care of each other and ourselves.
- Breakfast program has been popular amongst students.
- Netherwood
 - Universal social emotional learning lessons (SELL) for students in grades K → 4, each day.
 - Staff meetings dedicated to building staff resilience and connectedness through Community Circles.
 - School participation in Walk/Bike to School Month.
 - Mini "Zen Den" open for students.
 - Just completed our swimming unit! It went wonderfully!
 - Arboretum work by grades 3 and 4.
 - 40 minutes of scheduled recess each day.
- OHS
 - SEL Learning through Panther Connections and use of Character Strong curriculum.
 - The Hope Squad continues to grow. The team is three times larger than the previous year.
 - Onward book study (Onward 1, Onward 2 and Onward Plus).
- OMS
 - All students go outside for recess (pre-covid it was optional).
 - Planning phy ed course choices for next school year.
 - Students requesting to meet with Sarah to provide feedback/ideas on menu (Sarah has been great!)OMS Garden in summer school.
 - Before school staff walking group.
 - Scheduled movement breaks with para for specific students.
 - Focus on staff wellness with 'Onward' book study.
- Prairie View



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- School Garden: summer school course helped the gardens grow many vegetables. Our 4th grade Student Leadership Team winterized the gardens.
- Universal morning meeting for connection and community. Many PVE teachers are implementing Second Step lessons in their classrooms.
- Recess: lowered the number of students at recess to allow for more movement and usage of equipment.
- 40 minutes of scheduled recess each day.
- Staff Green and Healthy Committee and a Student Green and Healthy Team.
- Sunshine Committee that plans staff gatherings (with health and safety procedures in place).
- In the process of implementing "Buddy Classrooms" and Classroom TAB spots for all classrooms.
- Weekly Mindful Minutes.
- Rome Corners
 - Universal SEL time every morning for our staff and students to teach intentional social emotional skills.
 - Additional recess time for all of our students.
 - Zen Den (mindfulness area) is open all day for all students. The staff member is trained in mindfulness support (by our student service staff) and helps build a deeper connection with students while implementing mindfulness.
 - Smaller amount of students in the lunchroom helps to create a calmer environment lunchroom environment (promotes students to finish their lunch)
 - Staff Wellness time
- Pool
 - The pool continues to have active programming Monday - Friday 5:30am-9pm for the community and school. Saturday from 7:30am-6pm and Sunday from 8am-8pm
 - Staff are having interactive staff meetings where at least 1/2 of the meeting is in the water.
- WI School Health Award
 - Sarah and Amy are compiling a checklist for applying for this year's award. Watch for an email from them soon.
- Staff Wellness update:** Julia Beverly
 - Flu clinic in October - completely filled! :)

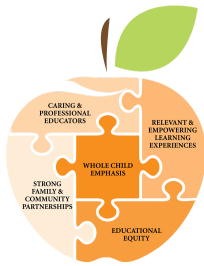


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- ❑ Sarah & Julia are working on a full staff wellness challenge that will begin in January
 - ❑ Please share ideas for awards for completing the challenge or for a drawing for those that participated
 - ❑ Hydroflask Water Bottles (Drawing)
 - ❑ Bus Duty or Recess Duty Coverage
 - ❑ Dollars toward the FFA Plant Sale in spring
 - ❑ Panther Spirit Wear
 - ❑ Hydroponic garden for a staff Lounge
 - ❑ Massage Gift Certificate
 - ❑ Local business - lunch delivery or coffee
 - ❑
- ❑ **School Nurse Update:** Alycia and/or Emily
 - ❑ Working to add more accessible menstrual products in bathrooms
 - ❑ COVID-19 - not seeing much spread within the schools
 - ❑ Bridging Brighter Smiles- provide free dental cleaning for children that would benefit. With cavities, they connect students with local dentists to support free or low cost dental work.
 - ❑ Between Rome Corners, Forest Edge, Oregon MS, HS, Netherwood Knoll and Prairie View it looks like we have seen 34 students this year. We began seeing students in 2016.
- ❑ Hearing and vision screening coming soon

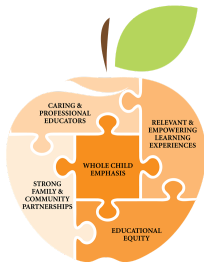
DISCUSSION/ACTION:

- ❑ **Review Wellness [Policy](#):** all
- ❑ Policy sends a signal to members of the community what we believe is really important. We are consistently actively examining our policies to make sure they are in line with what we know to be best practices. It establishes our priorities.
Sections of the Wellness Policy highlighted at this meeting include:
 - ❑ **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**



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- 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
 - 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?
 - Build in more movement time for youngest learners and more play (add to policy?)
 - Staff Yoga time- in our gyms
 - District wide streaming from different gyms to allow more staff to participate.
 - More movement hallways for kids.
 - Prairie View purchased a cricket and are making their own movement activities for their hallways.
 - Staff health & wellness
 - local studios or fitness memberships- could we get discounts?
 - 4K - YMCA did a mini garden outside
 - could we find funding for all 4K sites so they could grow a flower and/or vegetable garden.



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- 4K - most popular outside toy is a “mud Kitchen”
 - A school forest at every school with a walking path.
 - Greenhouse at all schools.
 - More time or another HR staff member to have time to focus on staff wellness.
 - Health offices - we could use water bottles
 - dry mouths from the masks and not drinking enough water
 - Need more clothes for health offices- donations appreciated
 - Could we plant apple trees & raspberry plants at schools?
 - Funding for Green & Healthy Committees - could we write for more grants?
 - \$200- \$1000 for a season for school garden supports
 - replace tools and buy seeds
 - Accessibility of mental health supports for staff
 - Resources to add tools in our toolboxes to better manage stress and anxiety.
- Other Updates/ Bike Rack Items: None**

Adjourn: 6:27pm

Respectfully submitted by Amy Miller