

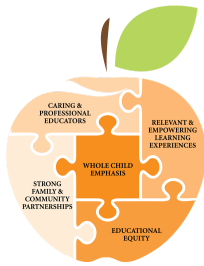
Wellness Committee Meeting
Wednesday May 4th
5:00-6:30pm
via Google Meet

Meeting Minutes

Present: Sarah Tomaszewicz, OSD Food Service/ Wellness Coordinator; Mary Lokuta, Board of Education; Sheri Pollock, Oregon Area Food Pantry; Julia Bavery, Human Resources; Cyndi Olander, RCI; Lindsay Eimerman, NKE; Lindsay Galli, FES; Molly Dall' Osto, FES; Tyler Steinmetz, NKE; Isabel Greene, OSD Americorps Farm to School; Becky McCabe, School Nurse; Anna Seidenstricker, BKE; Amy Miller, Community Ed Director/ Wellness Coordinator;

Not Present: Dawn Goltz, PVE; Emily Burns, RCI; Jessica Sharkus, Parent; Paula Slattery, BKE; Megan Lund, OMS; Shannon Anderson, OMS; Jim Pliner, OHS; Juanita Weinert, OHS; Darci Krueger, Learning & Student Achievement; Jon Tanner, Learning & Student Achievement; Leslie Bergstrom, Superintendent ; Mary Hermes, 4K; Raven Foulker, School Nurse; Sherry Soliman, FES; Kerri Modjeski, FES; Brian Hookstead, OHS; Chris Balbach, OMS; Emily Staveness, School Nurse; Colleen Horton, RCI Food Service; Nick Russell, OSD Pool;

- [Wellness Awards](#) - Sarah Tomaszewicz
- [Kindness Story](#)- Introductions and Sharing
- Learning Session: The Oregon Area Food Pantry- Supporting & empowering OSD families and our community-** Sheri Pollock, Director of Oregon Area Food Pantry
 - [Slide Deck](#)
 - NKE, FES are interested in starting a Food Pantry in their buildings this fall.
 - For Free/Reduced families, there is a cut off in October. How can we make sure all families that would benefit from support have it.
- Update: What's New in AmeriCorps Farm to School Program-**Isabel Greene & Maddie Smith
 - Garden lessons! Seed starting and transplanting with elementary school students.
 - Garden planting and maintenance. Ranging from flowers to early season peas and lettuce to huge varieties of veggies at BKE.
 - Final rounds of nutrition lessons with the groups we've worked with this year.
 - Transitioning responsibilities and working on program sustainability.

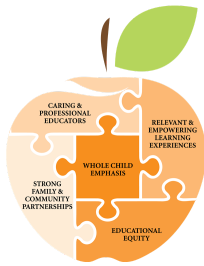


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UPDATES:

- ❑ **AmeriCorps Position & Grant Update :** Sarah Tomasiewicz (5-min)
 - ❑ We did receive a grant for next year.
 - ❑ Maddie and Isabel will be leaving us at the end of this year- thank you for your service to OSD!
 - ❑ We added local beef and local yogurt to our menus consistently this school year.
 - ❑ We will be using local produce this summer!

- ❑ **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 (3-5 min each)
Let's Celebrate!!
 - ❑ **4K**
 - ❑ Incorporating play in our learning and helping students build their emotional regulation and problem solving skills
 - ❑ Several sites are planting seeds and learning observing changes as they begin to sprout.
 - ❑ Ensuring time each day outside when weather permits
 - ❑ Some sites have gross motor movement led by EC and OT/PT
 - ❑ **Brooklyn**
 - ❑ Parents came in and students planted seeds. Seeds are starting to sprout under the grow lights. We will plant them in mid May. We hope to build excitement and family engagement to take care of gardens this summer. Students took seed home to connect school and home learning.
 - ❑ A Field Day is being planned for the end of May.
 - ❑ Green team taught us about composting. Students are sorting food in the lunchroom
 - ❑ Encouraging students to take movement breaks and extra recess
 - ❑ Partnered with Anderson Park with students
 - ❑ Strong New Green Team this year!!
 - ❑ **Forest Edge**
 - ❑ Green & Healthy Committee- applied for the level 3 Sapling level. Sustainable things in the building. Excited about how we are getting students involved.
 - ❑ Improving and adding In garden beds- one for each grade level
 - ❑ Students from 3 grade levels planting seeds

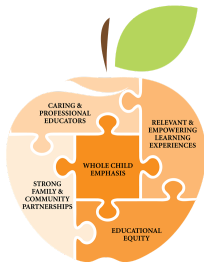


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- Offering Green & Healthy Club this summer
- Celebrated Earth Week - focusing on history and sustainability
- Have 2 movement rooms
 - Students are peer leaders in the room
 - Staff are available for students who need extra movement
 - Did a Fun Friday movement event that went very well!
- Focus on staff wellness
 - Tea and coffee Tuesdays
 - Weekly walking group
 - Sunshine Committee with fun activities - Secret Act of Kindness was the latest one.

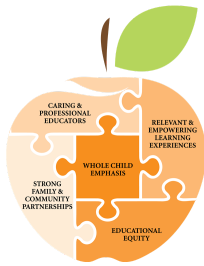
- Netherwood**
 - Offered an All staff walking challenge this winter with staff. Exercise videos in the library, purchasing fitbits for staff, healthy raffle
 - Student dance party was SO fun
 - Gardens up and running
 - Certain grade levels planting in the hoop house everyday
 - Grade levels are going into the arboretum for clean up, and staff organized a weekend "Clean Up, Meet Up"
 - Social Staff outings are coming up!

- OHS**
 - We have continued to focus on wellness in many ways.
 - For staff, we have our Onward group in which staff work to understand and incorporate mindfulness into their professional and personal lives. This is a popular group that has multiple cohorts (Onward 1, Onward 2 and Onward Plus).
 - We have also utilized our weekly updates for a column called the SEL Weekly.
 - Our students have received lessons on a variety of topics on mental health, wellness and stress management through our Panther Connections program.
 - Our student participation in clubs and athletics continues to climb. This important outlet provides physical and emotional release while promoting positive social relationships.
 - Our curriculum in sophomore health continues to expose students to key learning at an important time. They focus on AODA, relationships and dating, reproductive health, and social, emotional and mental health.



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- ❑ The Hope Squad is a group that exists to support students' mental health and to reduce the risk of suicide in this age group. Group members are trained peer support specialists.
- ❑ Our Imagine Club continues a fruitful partnership with the Rape Crisis Center and has been active in supporting students at OHS who are survivors of sexual violence as well as providing students with good information about an important topic.
- ❑ **OMS**
 - ❑ Changes to schedule now require all students to participate in recess every day (prior to the pandemic they were allowed to sit in the cafeteria if they did not want to go outside). As a result, more students are engaging in physical activity every day.
 - ❑ We are planning two course options for physical education for next year. One class will be focused on team sports and one will be focused on lifetime fitness. This change will make physical activity more accessible to more students.
 - ❑ Our student Green Team has been busy preparing native beds around the school grounds this spring.
 - ❑ Our 8th graders participated in the annual Lerner Park event in collaboration with the Oregon Rotary.
 - ❑ We are in the process of preparing to start a Hope Squad Club at OMS next year.
 - ❑ For staff, we have our Onward group in which staff work to understand and incorporate mindfulness into their professional and personal lives. This is a popular group that has multiple cohorts (Onward 1, Onward 2 and Onward Plus).
 - ❑ We have also highlighted SEL strategies in the staff weekly Newsflash.
 - ❑ Our students have received lessons on a variety of topics on mental health, wellness and stress management through our daily Connections program.
 - ❑ Sarah Tomaszewicz, OSD Food Service/ Wellness Coordinator, has met with several OMS students to gather their feedback on the school lunch menu and offerings.
- ❑ **Prairie View**
 - ❑ PVE's Green and Healthy Team has been working on creating a plan for our school garden. This year, there will not be a summer school class to take care of the garden like there has been in the past. Our 4th grade team has expressed interest in using one of our flower beds to build a butterfly garden. This provides a spot for kindergarten to release their caterpillars from a science unit.



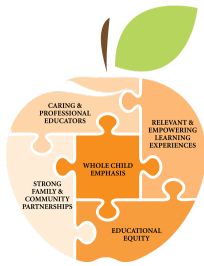
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Kindergarten will also use the garden beds to plant their annual pumpkin seeds.

- ❑ To support this, PVE G&H has decided to turn our garden into a flower garden where students will plant flowers. Each grade level will have a designated flower (from our student SLT G&H team) and will plant them first in the Hoop House on May 5th and 6th. Then, during the week of May 31st, students will transfer the flowers into our garden beds. This will take less work over the summer to maintain. This also allows for students to have ownership and see themselves represented in our school garden.
- ❑
- ❑ The student SLT G&H team is helping prep the garden beds by weeding and turning the soil.
- ❑ For wellness, we are making an interactive bulletin board where students will mark what outdoor movement activities they plan to do now that there is good weather outside! The board will have many pictures of outdoor activities!

❑ Rome Corners

- ❑ Zen Den - Fully staffed room to support mindfulness for all of our students.
- ❑ Additional 15-20 minutes of physical activity - Our staff has been instrumental in giving additional 15-20 minutes of physical activity of day.
- ❑ Working with a partner to expand our garden and wellness - reintroduction of The green team is a group of teachers that are working on incorporating gardening and other environmental concepts into the school. We want to
- ❑ SEL Partnership - two teachers teach SEL lessons daily to a SEL group of students. This is great for students to build connections with additional staff members as well as building connections between staff members who do not share the same curriculum.
- ❑ Restart of food pantry donations - Our Student Council have raised over 2,000 pounds of food donations this year to support the local food pantry. Students go after each donation to help pack up and deliver all the food to the pantry
- ❑ Student Lead Clubs - 28 student lead clubs have been started by students based on their interest. Staff volunteer their time to oversee these clubs (they are not paid, but do it for our students)
- ❑ Popcorn Friday - brings staff together on Fridays to gather and have fun!



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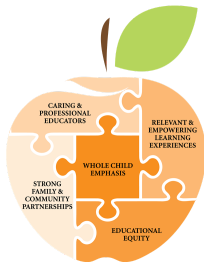
- ❑ **Staff Wellness opportunities update:** Julia Bavery (5 min)
 - ❑ In February - we did a all staff wellness challenge
 - ❑ 240 staff members created goals during the 4 week challenge.
 - ❑ 4 weekly winners and a grand prize winner.
 - ❑ Some goals - read a book for 30 minutes, make healthy meals, drink all the water I bring to school before going home

- ❑ **School Nurse Update:** Becky
 - ❑ Screen vision for all k-4 students this year
 - ❑ hearing screened all k-2 students
 - ❑ 3 students got glasses after this screening at FES
 - ❑ 5 students glasses after screening at PVE
 - ❑ 2 students got exam and glasses at OMS (through Lions club)
 - ❑ Sent 1 student for dental care
 - ❑ Bridging Brighter Smiles came to all schools

 - ❑ Tracked and managed illness throughout the school district to keep Covid 19 spread at a minimum
 - ❑ Educated students on proper hygiene, safe distancing and mask wearing

DISCUSSION/ACTION:

- ❑ **Review Wellness Policy:** all (5 min)
 - ❑ Each building rep will respond to the following prompt. Which area below is your “low hanging fruit” and what is your first step as a starting goal looking forward to next year?
- ❑ **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**



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- 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?
 - Outdoor Learning Space at RCI
 - Staffing for our movement/sensory rooms.
 - On sight therapists for staff

Adjourn: 6:21pm
Next Meeting Fall 2022