

Minutes from District Health/Wellness Committee Meeting on Friday, October 19, 2018

Attendance: Diane Northrup, Megan Asper, Mini Murphy and Jillayne Krogel

Diane approved the minutes from our last meeting, Megan second it.

Food Service, Diane Northrup

The potatoes from the Ryan Garden have been served during school lunches. We have been receiving plums, peaches, tomatoes, even sliced radishes for veggie trays from Cherry Capital. The goal is to offer something different for the students to try each month.

The week of October 8th was National School Lunch Week at the Elementary schools. They gave all the students who got a hot lunch a little prize each day – glasses, bracelets, erasers, etc.

Diane is looking into having hydroponics installed at the High School. This would be handled through the Environmental Club. We would need approval from Mr. Eastman and to decide who would maintain it over the summer. This is still in the planning stage.

We discussed the possibility of a district wide composting unit.

Nurse/ Youth Depression Advisory Committee, Megan Asper

The mobile dentist unit offered services at all Elementary Schools.

Over 100 flu shots were given at the clinic!

Attendance was down for the last Bright Nights event on October 16th, however, many students were there. The subject was on anxiety - a lot of great information.

The subject for the next Bright Night is still being decided by the committee.

Vaping at the High School is at an all-time high. The vaping unit is very small, looks like a USB port and can be easily hidden.

School Gardens and Outdoor Classrooms, Amy Riker

The summer garden families were AWESOME. We had such great new families who were very conscientious and concerned about their handprint in the garden. They wanted to leave it harvested just right, weeded, and watered for the next family and more importantly, for the Ryan students in the Fall. It was pretty special to listen to and watch. They also would send Amy photos of what they made with their harvest. Some yummy meals were eaten!

It's been a great Fall for the garden. It was a little disappointing in terms of classroom participation but it was the same last Fall too. There is a lot for teachers to handle to be able to incorporate the garden. Amy would like to go to Traverse City to see how their school system does it.

Amy started a Ryan Garden Club and had 20 students with more wanting to join in the Spring. Their last club meeting will be Wednesday, October 24th. Staff, teachers, and parents are always welcome. In the Club, the students have planted garlic, tulip & daffodil bulbs, and a crop cover (this is an experiment to see if we can add nitrogen to the soil through a winter / early spring crop). They harvested tomatoes, a variety of squash, swiss chard, carrots (they loved this vegetable to harvest), potatoes (they also loved harvesting this one!), herbs, etc. They each got to take some vegetables home. They have written thank you's and books for the Free Little Library that Steve Patterson built and installed over Labor Day weekend, played games, played with Amy's chickens and bearded dragon, and just made new friends.

The Ryan Garden Club harvested and cleaned all the potatoes that Chartwells purchased for the garden. They also did most of the Environmental Clubs potatoes. The students LOVED LOVED LOVED digging for potatoes. The shapes of the potatoes were super funny too so they'd compare a potato to a squirt gun etc. etc. They were great at scrubbing them clean. They couldn't wait for the potatoes to be served at lunch.

The day they were served, it was also a Club meeting day. When Amy went to the gym at the end of the day, the first thing out of everyone's mouth was, "The potatoes were served at lunch!!! They were soooo good!" It was so fun to watch their excitement and hear their pride. A big, big, big thank you to Diane! We can't wait to grow more things for you, Diane. We plan on giving you the garlic, if it grows and if you want it.

It should be noted that we do not know of any school in this area that has served a school grown garden vegetable from their school garden. This is awesome! Thank you, again, Diane.

Mini informed us that there is a fund available specifically for a school garden. Amy or I will be reaching out to the contact person to get more information.

The Environmental Club per Amy's suggestion last year wants to move a portion of their garden to the High School. They are working out the details with Don Eastman and Facilities. Amy said they could have all the remaining cement blocks.

Steve Patterson stopped by at the beginning of the meeting with a request for more books for the Garden Library. If anyone has books they would like to donate, please drop them off at the Ryan Intermediate Office and he will pick them up.

Meeting Adjournment: 10:53 am. The next meeting is scheduled for Friday, November 16th at 10:00am at the GL High School.