

Wellness Committee Meeting Minutes – January 24<sup>th</sup>, 2019: 3:30 – 5:00 pm

In attendance: Kathy Walker, Alison Anderson and Deb Brown

Discussed some of the materials that Sarah Smith sent previous to the meeting date. Will bring forward the rest at the next meeting when more members are present.

- Wisconsin School Health Award from the Action for Healthy Kids! Website – deadline of March 31, 2019. Alison Anderson from Creekside has indicated she is considering sending in the application for this award. We discussed some of the events she is doing on Family Nights. The Nutrition Program has offered to supply some healthy treats for one of the events at Creekside and will follow-up with Alison about this. **Are there other schools that you are aware of that might be interested in applying for the School Health Award?**
- Wisconsin obesity map at <https://www.wihealthatlas.org/obesity/place>– though Dane County is healthier than most areas in Wisconsin please take time to look at this map. We know how important health is and this map should give us pause when realizing the percentages of children and adults that are obese in Wisconsin.

A packet of information was handed out at the meeting that gave ideas for Non-food Alternatives for School Rewards and Fundraising and lists healthy snacks and beverage ideas. I will work on this list and send out snippets of this to schools for inclusion in school newsletters.

There was discussion of Sun Prairie Moves, the availability of bicycles for students, and advocating for bike trails to be expanded for safety in Sun Prairie.

Janet Rosseter asked me (Kathy Walker) to attend the last Staff Wellness Committee Meeting. We had previously discussed if these two committees should be combined or at least have members on both team or maybe a joint meeting. Deb Brown and I attended the last meeting. I have now joined this committee also. It was also decided that our committee would be called the “Student” Wellness Committee as there are two Wellness Committees in the District.

Attached is the Nutrition Department information that went into the School District Staff Newsletter for the week of 1/20/19 regarding the Wellness Policy. Adding this information to the Staff Newsletter was discussed at the last “Student” Wellness Committee Meeting (starts at the bottom of the first page):

I met with Patti Lux-Weber and Alesha Cody on what could be put on Facebook regarding wellness for families and staff. Alesha put together “Take a Break Tuesday”. In the next two weeks the message below should be seen on Facebook – the first of a 5 week series on Brain Breaks

INTRODUCING... Take a Break Tuesday!

These breaks are brought to you from the District Student Wellness Committee. Studies show that students who regularly engage in physical activity experience improvements in their brain function! By taking Brain Breaks, students are more likely retain information, and succeed in the classroom or at home. Brain Breaks are short bursts of activity that boost blood flow and oxygen to the brain. You can integrate these breaks right into your daily routine!

Not sure how to incorporate “Break Breaks” into your classroom or at home? That’s what Take a Break Tuesday’s are for! Every week, for the next 5 weeks, we will post ideas and helpful ways to keep students active and give their brain a break!

Here are a few tips to start:

- Keep physical activity breaks short and manageable. Shoot for 1 - 5 minute breaks at least 2-3 times per day.
- Participate with your students in the activity. Students will be more likely to join in and have fun if they see their school community moving with them.
- Create a classroom atmosphere that embraces movement! Consider playing age and culturally appropriate music. Be patient – it may take some time for kids to embrace and be comfortable with the physical activity.
- Integrate physical activity into academic concepts when possible. For example, a social studies unit on the Olympics can include student participation in classroom energizers fitting into an Olympic theme.