

Eden Prairie Schools Wellness meeting:

Date of meeting 5-14-19 (3pm @ Admin Services Ctr Riley Creek Rm)

Attending: Kristin Treptow, Roxann Roushar, Herman Moncada, Chuck Knuth, Amanda Nagy, Amy Antilla & Mary Cryer

Agenda:

1. Ship Grant (Amanda):

- a. Discussed Champions – (Cheerleaders of the wellness program that help get information out to staff/teachers). There is a \$500 stipend for this position. Their duties have quantifiable objectives and the duties last until October 31st of next school year which then a new funded year will re-launch at least for 2019-20
 - i. The survey of the kids on wellness is completed but the results are not yet available
 - ii. Discussed communication to staff, teachers and parents regarding wellness (posters, newsletters & from the champions themselves in each school)
 - iii. A lead coordinator for the wellness part of the SHIP grant that would head up all the champions was discussed. Amanda said Hennepin county, under the SHIP grant, could fund more hours to such a person. It was also discussed how/when to get all the champions together for a meeting which we would place on them to figure out, but the SHIP grant can pay for their meeting time.

2. Wellness – mindfulness (Mary)

- a. We reviewed the one-page mindfulness movement summary
 - i. This explains some of the basics of the program (listening, breathing, movements more breathing and listening) It is a system for getting the kids to calm down (like after recess) and be able to focus in class but it can also be used to re-center kids midday if they are getting off track or to even re-gain energy in the class to ensure kids are involved in the next lesson the teachers are doing.

3. Ship Grant for next school year (2019-20) (Amanda):

- a. Each year our government legislation approves the funds for the SHIP grant, so we only can work with what has been approved. We know that next year is approved so the discussion is about how to spend the SHIP grand funds wisely.
- b. It was discussed that it may be best to continue to fund the elementary wellness activities. Examples are “active recess” where kids are directed by staff to engage in games and to set up the playground in areas of activities, before and after school programs/movement activities and Yoga calm in classrooms.
- c. For future years of SHIP grants we could use them in the high school for teaching the teachers techniques for mindful movements during the longer block hours to keep kids engaged and also in a few years once CMS’s (if voter approved) construction is completed to teach teachers how to best utilize their new spaces for activities & mindfulness.
- d. The grant can also help pay for sub’s to be in place while the PE staff learn more about the new PE standards and learn more activities that get all kids active not just athletic type kids. It can also fund new equipment like balls & frisbees...
- e. A second round of healthy eating information was discussed for next school year (back to school flyers & posters) but no decision was made.

Next meeting –Mid September 2019 (date TBA) (3pm @ Admin Services Ctr Riley Creek Rm)