

# Osseo Area Schools Student Wellness Advisory Committee

October 8, 2019



“The *purpose* is to provide accountability measures for policy implementation.”



KEY POINTS	EXPERIENCE	
<ul style="list-style-type: none"> <li>• Policy awareness</li> <li>• Great energy from parent members and community members in the council</li> <li>• Make wellness a priority for staff and students</li> <li>• Define wellness (WELCOA 7 pillars)</li> <li>• Not here to change policy-advise on implementations</li> </ul>	<ul style="list-style-type: none"> <li>• “Be the nice kid”- good experience</li> <li>• Fun run</li> <li>• Outdoor field trips-vary with school</li> <li>• Lunch-love theme week pictures</li> <li>• Garden-to get experience with outdoor activity outside of sports</li> <li>• Parent has positive experience with 4star- 1<sup>st</sup> grade social/emotional support</li> <li>• Parent has positive experience with lactose free milk from nutrition staff at WD</li> <li>• Inconsistent signage/language at schools about allergies in lunch/classroom and for parties, etc.</li> <li>• Why pay for a bottle of water at lunch-(milk is included)</li> <li>• Waiting in line-no time to eat</li> <li>• Social media-mental health impacts</li> <li>• Tastier healthy food options-per student</li> <li>• Leaders need more concrete info (parameters) ex. Time of recess, smart snacks, non-food rewards- keep it the same across the district</li> <li>• Fuel to play 60-kids love it. Or other wellness grant</li> </ul>	
QUESTIONS	RECOMMENDATIONS FOR EVALUATION	
<ul style="list-style-type: none"> <li>• Is there baseline data?</li> <li>• What ere those questions and what were the answers?</li> <li>• Who is giving the feedback for the baseline data?</li> <li>• How has policy been implemented and communicated?</li> <li>• Are there other policies that intersect/support the behavioral component of wellness policy?</li> <li>• What are champion expectations?</li> <li>• How quickly can we update/make changes to the policy?</li> <li>• Are there current evaluations of systems in lunchroom ie how long does it take to get through the line?</li> <li>• What does wellness mean to the district?</li> <li>• Where are we addressing wellness for H.S. and middle school?</li> <li>• Can principles dedicate staff time for site leaders to collaborate with other site leaders-priority?</li> <li>• Organization chart-roles and responsibility</li> <li>• As members what can we do to implement change?</li> <li>• Who can take the policy and add social &amp; emotional development?</li> <li>• How does social &amp; emotional wellness get funded? (Title 4)</li> <li>• Has there been any benchmark studies on best practices elsewhere?</li> </ul>	<p><b>What?</b></p> <ul style="list-style-type: none"> <li>• Rating scale-self evaluation</li> <li>• What are your wellness goals?</li> <li>• Very specific questions for survey (12 and under)</li> <li>• Consistency and accountability</li> <li>• Have principles informed their staff on wellness policy?</li> <li>• Who is champion?</li> <li>• Do they have wellness goals?</li> <li>• Student input</li> <li>• What source is being used to make your wellness initiatives?</li> </ul>	<p><b>How?</b></p> <ul style="list-style-type: none"> <li>• Survey all stakeholders (students, parents, teachers, coordinators)- Google forms, survey monkey</li> <li>• Survey</li> <li>• Student voice</li> <li>• Wellness coordinators bring site leaders together to brainstorm ideas to implement district wide-support one another</li> <li>• Survey? Inquiry</li> <li>• ?Survey</li> <li>• ? Identify goal on survey-evaluate end of year</li> <li>• Student survey focus groups</li> </ul>

### Additional Thoughts/Comments:

- Create wellness champions each school location- volunteer vs volun-told
- Sleep/media impact and importance
- Stoplight approach to nutrition Red-Yellow-Green
- Green-eat/healthy, yellow-caution, red-stop
- Making wellness champion known to all students/families/staff
- Food allergy awareness/consistent messaging in schools/language
- Have an invested champion to work with principle on compliance and someone with a passion
- Make sure policy engages the high school students
- \*Mental health
- Add a section D: Social & Emotional Development
- Stress
- Anxiety
- Depression
- Sleep
- Media usage

<h3>1. Key Points</h3> <p>Not here to change policy - advise on implementations</p>	<h3>2. Experience</h3> <ol style="list-style-type: none"> <li>1. Tastier healthy food options - per students (parameters) or time of mess</li> <li>2. Leaders need more concrete info * Keep it the same across the district. SMART snacks Non-food rewards</li> <li>3. Fuel to play 60 - kids love it. or other wellness grant</li> </ol>
<h3>3. Questions</h3> <p>Organization chart - Roles + Responsibility</p> <p>As members what can we do to implement change?</p> <p>Who can take the policy and add social + emotional development?</p> <p>How does social + emotional wellness get funded? (Title 4?)</p> <p>Has there been any benchmark studies on best practices elsewhere?</p>	<h3>4. Recommendation - Evaluation</h3> <p>What: How/primary informed their wellness policy? Who is champion? Do they have wellness goals? Student input What source is being used to make your wellness initiatives</p> <p>How: survey? inquiry? identify key survey - duration of or year? Student survey focus groups? survey</p>

<h3>1. Key Points</h3> <p>Make Wellness a priority for staff + students</p> <p>2. Define wellness (WELCOA + pilfers)</p>	<h3>2. Experience</h3> <p>Why pay for a bottle of water at lunch - (milk is included)</p> <p>Waiting in line - no time to eat</p> <p>Social media - mental health impacts</p>
<h3>3. Questions</h3> <p>What does wellness mean to the district?</p> <p>Where are we addressing wellness for HS + middle schools</p> <p>(An site leader principals dedicate staff time for site based to collaborate with your site leaders - Priority?)</p>	<h3>4. Recommendation For Evaluation</h3> <p>What: consistency + accountability</p> <p>How: wellness coordinator bring site leaders together to brainstorm ideas to implement district wide. - Support one another -</p>

<h3>1. Key Points</h3> <p>Policy Awareness</p> <p>• Create energy from parent members and community members in the council!</p>	<h3>2. Experience</h3> <p>parent has positive experience with 4star - 1st grade social/emotional support</p> <p>parent has experience w/ lactose free milk from nutrition class at WS</p> <p>inconsistent signage/language at schools about allergies in lunchboxes and for parties, etc.</p>
<h3>3. Questions</h3> <p>How are Are there other policies that intersect/support the behavioral component of wellness policy?</p> <p>What are champion expectations? How quickly can we update/make changes to the policy?</p> <p>Are there current evaluations of systems in lunchrooms, ie how long does it take to go through the line.</p>	<h3>4. Recommendation For Evaluation</h3> <p>What: very specific questions for survey (re and under)</p> <p>How: survey Student voice</p>

<h3>1. Key Points</h3>	<h3>2. Experience</h3> <p>"Be the nice kid" -&gt; good experience</p> <p>Fun Run</p> <p>Outdoor Field Trips -&gt; part of school</p> <p>Lunch -&gt; love these week pictures</p> <p>Garden -&gt; to an add experience of outdoor activity outside of sports</p>
<h3>3. Questions</h3> <p>Is there baseline data?</p> <p>What were these questions and what were the answers?</p> <p>Who is giving the feedback for the baseline data?</p> <p>How has policy been implemented</p> <p>1) implemented</p> <p>2) communicated</p>	<h3>4. Recommendation For Evaluation</h3> <p>What: Rating Scale 4 Self Evaluation</p> <p>How: Survey all stakeholders (Students Parents, Teachers, Administrators) -&gt; single form Stakeholder</p> <p>What are your wellness goals?</p>