

Student Wellness Committee Meeting Minutes 1/9/20 3:45 PM

We are very excited to be growing our own lettuce at the High School. We have had our second harvest and now, third planting of romaine lettuce. Student and staff reaction was very favorable, how fresh both the aroma and taste was. It is a 28 day cycle from planting to harvest. There is talk of planting an apple orchard at the new High School.

The video "Healthy Kids Healthy School" was played for meeting, recognizing some of our schools as silver and bronze award winners. The District has a POWTOON license for software that creates videos which is being used for a bullying video, but it something we may be able to use.

At the last meeting we discussed doing a reminder for celebrations in this video. We met with Patti (Lux-Webber) and Alesha (Pannier) for assistance. Their workload does not permit them to be able to dedicate time to this, suggesting we write our script. We are not gifted in this line and reached out to Matt Weyer, PAC Director, who suggested connecting with some of the video production classes and clubs at the High School. At a meeting with Karen Richmond, who made the staff wellness committee video, we asked if there were some portions of the video that we could use? Recommendation to speak with Nancy Everson as kids have done work for BEP in this line. There are different avenues and students should write the script. Reach out to Staff Wellness Committee, maybe have one of their group as a member with us. We want this video to be from the point of view of the students. Share samples, filming in classrooms, film the alternatives to cupcakes. Focus on celebrations needs to be addressed, with typed out ideas so families can write their story from these ideas. Nancy Everson might like to run with this.

Push out a survey to teachers, asking what kind of birthday celebrations do you do? Ask them to share cool ideas, and ask if we can film the good stuff. Formulate this for the classrooms, then get video or testimonials. We should have the Principals push out a survey to teachers. What other things are they doing - mile hike, non-food or healthy food celebrations? A video creates a lot of work, there are different ways to get the word out. Create template graphics with captions, series of ideas to push out on Facebook, Peach Jar and staff newsletters. We want to have wellness guidelines that generate energy about healthy foods. At 4K, we do not have cupcakes. Parents and grandparents come in, share culture, read, bring ethnic snacks which must be healthy. We give examples, always going for the positive manner. If we had a list with the wellness posters, graphics with alternatives, we could post it in schools.

Kathy Walker will reach out to Nancy Everson. Teachers probably already have pictures of cool celebrations. What we do should be short and sweet, 45 seconds. Poster pictures on Facebook or Peach Jar which are informational. This can be done quickly. Peach Jar can be a problem as teachers get all of the pop ups, it invites ignoring, and can be bombarding. Promotional information should be up on Facebook and Instagram, not Peach Jar. Pictures/Posters get more results so you don't have to click or scroll. Weekly celebrations post "another idea" anyone who submits gets a reward. Push this out to get submittals. Again, short

and sweet “here’s another idea - pencils or stickers”. Ask the PLC to show video to get started. Remember to put information in classroom newsletters to get away from unhealthy celebrations. Have Principals share at staff communications. With all of the allergies, why bring food at all? Allison Anderson shared her “word of the month” zucchini, with tasting at the end of the month. Can we have not just a video but stills, with a giveaway for “likes”? These are all great ideas.

There used to be a Wellness Committee award. What about stickers? Allison has a certificate; wasn’t it in the by laws? We could recognize nominations by Principals and Staff. Vinyl stickers as an award - “I make Sun Prairie Schools Healthy”, place them where they are visible, do clings and stickers. Add this to the survey to nominate, with comments. Include name, school, why and use comments. Give stickers to everyone who is nominated. We should have slides at Convocation, the beginning of the school year, acknowledge wellness and healthy celebrations. What is the deadline for nominations? Run the survey - two weeks - follow up. Please let us know what cool things you are doing! Can we tie this to Every Kid Healthy Week, 4/20 - 4/24/20? We can commit to doing some ideas every year, tweak as we go. Have a link between healthy food, physical activity and learning. We can take pictures of the nominees and do a slideshow at faculty meetings. The STAR may print it for free.

Regarding the Policy Implementation revisions, Kathy Walker met with Janet Rosseter who believes it should be more generalized, not a defined number. We need parents, community and staff. Kathy Walker will begin the revision, creating a google doc with comments. Members can have multiple rolls and there should be term limits. Keeping it more generalized, it can then be taken to the Board.

Sarah Smith is no longer on this Committee as she is leaving the District. She will be sorely missed.

Other:

Not opposed to wording more loosely in the implementation.

We must be more deliberate about diversifying this group. We need more families from poverty to help address needs. Reach out to Thedora Smith and Katrina Collins, both Neighborhood Navigators. Maybe we could go to them, present at their meetings. Names also mentioned were Teran Peterson and George Chavez. Focus next year on outreach, supporting the network in the community. Check out City of Sun Prairie website - meet your Neighborhood Navigators. We should also have someone who knows about gardening on the committee. What about a survey on the website to apply to committee “Come join the Committee”?

Sharlot Bogart will stay on the committee after retirement for transition purposes.

Adjourned at 5 PM, Debbie Brown, Heather Dubois Bourenane, Sharlot Bogart, Allison Anderson, Kathy Walker and Cathy Berk in attendance.