WELLNESS TEAM MEETING
WINTON WOODS CITY SCHOOLS
TUESDAY, NOVEMBER 19, 2019
4:30 – 5:30 PM
WW INTERMEDIATE SCHOOL ROOM 107/108

MINUTES

⇨ Purpose of the **WWCS Wellness Team**
Consider and study aspects of the overall health, nutrition and wellness realities for Winton Woods City Schools students, staff, polices & practices and make recommendations to the administration and district leadership that align current conditions to best-practice, research-based model wellness outcomes such as the Action for Healthy Kids Standards.

⇨ Review minutes from last meeting

⇨ Special Guest Speaker: TBA, with the Ohio State Extension Program for Schools

⇨ NFL Play 60 & American Dairy Association Grant award letter & scope

⇨ Update on Wellness Priorities Document Priorities 1 – 3
… Safe Routes to School Active Transportation (Physical Activity – #38)
… "Nutrition Is The Mission" Wellness Bus (Other School Food – #19)
… Staff Programs for Wellness & Physical Activity/Fitness (Staff Involvement – #46)

⇨ Subcommittees report out (Wellness Priorities Document – Priorities 4 – 6)
… Create a Family Field Day experience involving families & communities (Physical Activity – #53)
… Explore The NFL's Play 60 Physical Activity Program (Physical Activity – #39)
… Increase community involvement in school decision making and activities around health & wellness (Family & Community Engagement – #56)

⇨ Work session time for subcommittees

⇨ Report-out subcommittee work/discussion (+/Δ & team problem-solving items)

⇨ Full team meeting / Subcommittee meeting structure – *submit subcommittee dates to me*

⇨ 2019 – 2020 Meetings – Quarterly:

~~☑~~	~~QTR 1~~	~~9-24-2019~~	~~4:30 to 6:00 PM~~
~~☑~~	~~QTR 2~~	~~11-19-2019~~	~~4:30 to 5:30PM~~
☑	QTR 3	1-28-2020	4:30 to 5:30 PM
☑	QTR 4	3-31-2020	4:30 to 5:30 PM

NOTES:

Minutes

1. Informational presentation given by Selena Bower and Lucy Acevedo from the OSU Extension Program.
    - Program provides Free food and nutrition workshops to the community
    - Available classes for both students and/or adult community members
    - 1 ½ to 2-hour classes once a week
    - Available in Spanish
    - Adult Attendees must meet federal poverty guidelines (185% level)
    - 9-week course covers food safety, cooking, nutritional awareness
    - Offers free tasting and giveaways at each class
    - Teaches how to read food labels & recipes
    - Student portion targeted to grades 3-5 but can be modified for other grades
    - Based on "My Plate" program for kids
    - Classes for students can take place during regular school hours or as after-school program as requested
    - No kitchen access needed, just requires access to electrical outlet
    - Program brings all cooking equipment and supplies
    - They prefer to have at least 12 participants for evening adult classes

DISCUSSION & NOTES:

1. Brooke Starkey volunteered her 2nd grade class for a pilot class (would need adapted for Gr. 2)
2. Brooke noted that this program could be useful to grades 6-12 as well since some older students act in a care giver role and often need to prepare meals
3. Possibility of passing this information onto our Teaching & Learning Department so that they may pass in onto the principals/teaching staff
4. We have collected informational packets and contact info from the OSU Extension Program

Other Items

1. Safe Routes to School – Two (2) new flashing cross-walk lights placed at IS and HS
2. Wellness Bus
3. Staff Wellness
4. Would like to add: Mental Health Murals, Zumba and more Suicide Awareness info.

Non-Infrastructure Items for Safe Routes to School and associated district SRTS grant:

- Kelly Rozelle is facilitating STRS "Mileage Clubs" & school competitions per grant application
- PN has walking club that can be incorporated, PS must be excluded for safety (no sidewalks)

Sub Committees Discussion

1. How do we include parents in Field Day (Priority 4)
2. Nancy Starkey shared info. about Anthem Engage and new budget for wellness dollars
3. When will sub-committee meet again? Jan. 14th at 3:30 pm (Nancy will send out e-mail reminder)

Home Town Grant

1. Mark Docter shared that we were awarded $10,000 from NFL & American Dairy Assoc.
2. Allowing us to serve more items that the students will eat at breakfast & hot food
3. Done in collaboration with Forest Park Fire Department & Asst. Chief Hill
4. Allowing us to serve healthy drinks like smoothies and Hot Cocoa made from real milk
5. "Firefighter Ninja" Wellness Exercise Course for kids – indoor/outdoor 10 station course
6. Invite MS students who have earned a lot of NFL Play 60 points to demo. Ninja Course
7. Who-Dey is coming on Dec. 10th at 10:00 am (maybe Dec. 3rd) for big check presentation
8. 3 students along with their chaperone, get to attend this weekend's Bengals game