WELLNESS TEAM MEETING
WINTON WOODS CITY SCHOOLS
TUESDAY, JANUARY 28, 2020
4:30 – 5:30 PM
WW INTERMEDIATE SCHOOL MEDIA CENTER

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.

⇨ Special Guest Speaker: Angela Rivera, Hamilton County Recycling Outreach Specialist

⇨ Review minutes from last meeting

⇨ Update on Wellness Priorities Document Priorities 1 – 4
… 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)
… Explore The NFL's Play 60 Physical Activity Program (Physical Activity – #39)

⇨ 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*

⇨ Other business

⇨ 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 Angela Rivera from the Hamilton County Recycling & Solid Waste Program.
    - Program provides Free plastic recycling bins for schools
    - Fieldtrip opportunities to Rumpke Waste center and/or the compost center (free busing provided)
    - Grants up to $10,000 available for:
      Share tables, water filling stations, sorting tables, etc. – Wellness connections here
    - Free classroom Programs – 1 per school

Ms. Rivera also covered what items can be recycled and handed out a guide to items that should be placed in the Rumpke recycling bins.

For information on recyclable goods go to: www.hamiltoncountyrecycles.org or call: (513) 946-7766

NOTES:

1. Waste Reduction Grant deadline is Oct. 16th, 2020.
2. Steve maybe interesting in applying for the Waste Reduction grant to cover student water bottles for the water filling stations for new schools.
3. Possibility of passing this information onto our Teaching & Learning Department so that they may pass in onto the teaching staff.
4. April 9th is the upcoming visit to Rumpke Landfill.

Other Items

1. Steve Denny gave us an update on the OSU extension program (Nutrition in the Classroom) We have some interest through our district
2. Jeff Merrill is working on organizing an "Amazing Race" for the staff – The Finish Line will

Sub Committees Discussion

1. **Safe Routes to School** - Steve Denny shared a Safe Routes to School Update – Great Parks has shown some interest in a walking trail along & across Lakeshore Drive near Primary North.
2. **Nutrition Is The Mission** - Mark Doctor informed us that 80-100 families per month are benefiting from the Pantry Outreach via the Nutrition Bus. Mark Doctor said the food pantry is open throughout the summer months as well.
3. **Build School Staff Programs for Wellness & Physical Activity/Fitness** - Nancy Starkey shared that the district some weight loss challenges going on at the moment. Nancy Starkey also shared that the district currently has a few weight loss challenges taking place; e.g., (8) free yoga classes are available to all WW staff beginning in February. Nancy reported that many of our staff members are using the Engage app. A walking club is also in the works for staff (to located at Winton Woods Lake during warner months). Danielle Wallace also suggested a possible self-care room for staff members (dim lights, scented candles, calm atmosphere.
4. **NFL's Play 60 Physical Activity Program** – Jeff Merrill reported that they hope to network and gain funding for a possible NFL-style fitness park. We need to re-engage students. Possibility of having student ambassadors from the Middle and High Schools.

Next Steps – Upcoming Subcommittee Meeting Dates:

Safe Routes To School – TBD
Nutrition Is The Mission – TBD
Staff Wellness & Physical Activity – March 12 at 3:30 pm
NFL's Play 60 – February 18 at 2:00 pm (Conf. Room)