Wellness Team Meeting Minutes
Winton Woods City Schools
Wednesday December 1, 2021
4:15 – 5:15 pm
Winton Woods Intermediate School - Media Center

Attendees

Andrea Bourgeois, Steve Denny, Mark Doctor, Jermaine Hill, Rebecca Jones, Toni Patterson, Courtney Wilson, Nancy Starkey, Kim Chelf, Tonya Bray, Adrienne Martin

Minutes

Meeting is started by a review of the purpose of the team (see below)

⇨ Purpose of the **WWCS Wellness Team**

Consider and study aspects of the overall health, nutrition and wellness realities for Winton Woods City Schools students, staf , policies & 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.

Steve Introduces Andrea Bourgeois, Hamilton County Health Department & WeThrive!

Andrea begins reviewing the CDC School Health Index (SHI) Document and speaks about the CDC's identified Best Practices. Winton Woods Wellness Team is trying to create a new Priorities document since our current one is approaching three years old and so much has changed in the past two years. We hope to choose 4 or 5 priorities (at most).

We looked at the existing Priorities Document (developed about two years ago)

PRIORITY 1 : Implement Safe Routes to School (SRTS) Active Transportation
Action for Healthy Kids Standards Alignment: Physical Activity – #38

PRIORITY 2 : Operate "Nutrition Is The Mission" Wellness Bus
Action for Healthy Kids Standards Alignment: Other School Food – #19

PRIORITY 3 : Build School Staff Programs for Wellness & Physical Activity/Fitness
Action for Healthy Kids Standards Alignment: Staff Involvement – #46

PRIORITY 4 : Implement the NFL's Play 60 Physical Activity Program
Action for Healthy Kids Standards Alignment: Physical Activity – #39

Andrea Bourgeois asked us to revisit the priorities to develop a NEW Wellness Priorities Document.

Discussion notes: The data from the CDC SHI results suggested and the group decided to focus on:

Physical Education & Employee Wellness.

Physical Education - 150 minutes per week for every student. Consider a waiver from PE for students involved in sports.

The group discussion indicated that limiting the use of PE waivers was not a preferred strategy due to the potential impact on academic opportunities for students. e.g., college credit plus, etc.

Are all students provided physical activity breaks on a typical school day (outside recess & PE)?

Here are ideas to get that activity in classes for kids (& staff too):

Go Noodle is an app that teachers can use in lieu of the teacher doing the physical activity with the students for a "brain break".

Grandma's Wacky Prize Bag can be used as an incentive instead of food to get the students moving.

Andrea has a person who may be available for a Professional Development day to teach our staff about using Physical Activity in teaching.

PAX is a program the district already has available.

We would like to promote the use of incentives for good behavior instead of taking things away

It may be harder to do this in the older grades. Someone suggested having a focus group to find out what motivates you

Our Team's role is to give suggestions and make recommendations.

Andrea plans to compile a survey to choose the 4-5 modules to focus on and send it out to Wellness Team Members.

Kim is working with the City of Forest Park & the district to Update the Safe Routes to School Plan.

Recap: Focus on the three lowest Modules in the CDC team survey - Create a Google survey asking us to pick our top 3 choices and send out to the Wellness Team for their input

Steve thanked Toni Patterson for recording the minutes and reminded everyone that they will be posted on our district's website.

OTHER NOTES:

Tonya Bray would like to see more Community Engagement. This will also be incorporated into the Google survey.

Next Meeting: February 2nd, 2022