Wellness Team Meeting
Winton Woods City Schools
Tuesday, April 25, 2023
4:15 – 5:15 PM
Location - Greenhills Community Building
Room 105 (8 Enfield, Cincinnati, OH 45218)

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, 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.

⇨ Team Membership Listing:
https://docs.google.com/spreadsheets/d/1iW4cgqQb0xeYdz-uJAmPo9Wv6TTfTWYyWNTQmdNYJJw/edit?usp=sharing

Attendance: Andrea Bourgeois, Steve Denny, Tonya Bray, Mark Docter, Jermaine Hill, Elyssa King, Nancy Starkey

⇨ Review minutes from last meeting - Link:
https://drive.google.com/file/d/1t9RnTl1qLJ8Tpb3uX89I0KlQONqxqTxN/view?usp=sharing

Meeting minutes reviewed and approved.

⇨ Wellness Priorities Document:
https://drive.google.com/file/d/1JY76FY80x4iWKjLWMfO76Fm75gjyDSfZ/view?usp=sharing

⇨ Wellness Priorities Updates: Courtney (4), Mark (2), Nancy (3), Tonya (5) & Steve (1)

Steve Denny/Jermaine Hill review Safe Routes to School - No new news.

Mark Docter Reported: Wellness Bus update, Food Truck will be completed in May. They will begin serving from June 4th - July 28th

1. Three stops: Central Park, Community Building, Great Park/Winton Woods Harbor Area
2. The bus now includes a prep station, a pizza oven, a chargrill and a TV that will have the menu listed on it.
3. Meals are available to anyone 18 years old and younger and also available to persons on an IEP aged 18 - 22 years old.
4. The Child Nutrition MiniVan will be on site at the Forest Chapel during the dates of the food distribution.
5. Quinn Chapel is hosting a Math and Science Camp this summer. WW Child Nutrition Department will feed 30 - 35 children during camp.

J**ermaine Hill** mentioned that the new Ninja Course and playground equipment is on site at Central Park in Forest Park.

Nancy Starkey (Employee Wellness Through Swoosh) let us know that the Employee Health Fair is scheduled for this September. Nancy is also working on resources to share with our employees regarding mental health.

Tonya Bray reported that the district partnered with a program called Mind Peace. She is looking into using 1N5 services as well.

⇨ **Discuss WeThrive! EO22 Grant Update:**

- A check will be coming for $4,000 shortly, then another $1,700 to follow.
- A total of 9 survey responses were received.
- The top picks for the Mindfulness baskets were:
    1. Coloring Books
    2. Puzzles
    3. Massage Tools
- We will have approximately $219 to spend on each of the 26 baskets
- Results from the survey sent out to district leaders are shown below.

⇨ Free Tobacco Cessation Program from ODH: **For Students**: My Life, My Quit

⇨ Free Tobacco Cessation Program from ODH: **For Adults**: Ohio Tobacco Quit Line
(1-800-QUIT-NOW or 1-800-784-8669)

Smoking Cessation Programs

- My Life, My Quit (for students)
- Ohio Tobacco Quit Line (for adults)
- Presentation at NCMS about Vaping (for students)
- **Tonya Bray** shared that Ameristop in Greenhills has new owners and they now sell vaping merchandise.
- HCHD specialists to deliver assemblies to Winton Woods Middle School students in May, 2023

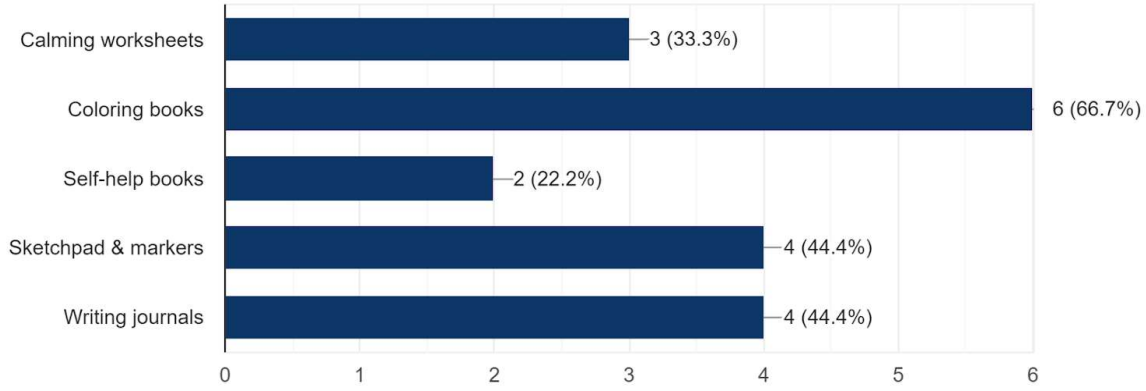
Tonya Bray shared about the upcoming Summer Boot Camp.
The camp starts June 6th and will be held T-W-Th from 4:00 to 5:00 pm

Jermaine Hill reminded us that We Thrive will be offering fitness programs throughout the Summer in Forest Park. (Steve Denny has a flier is you are interested)

⇨ 2023 – 2024 Meetings – Quarterly @ 4:15 PM: QTR 1 (09-19-2023), QTR 2 (12-12-2023), QTR 3 (02-27-2024), QTR 4 (04-16-2024)

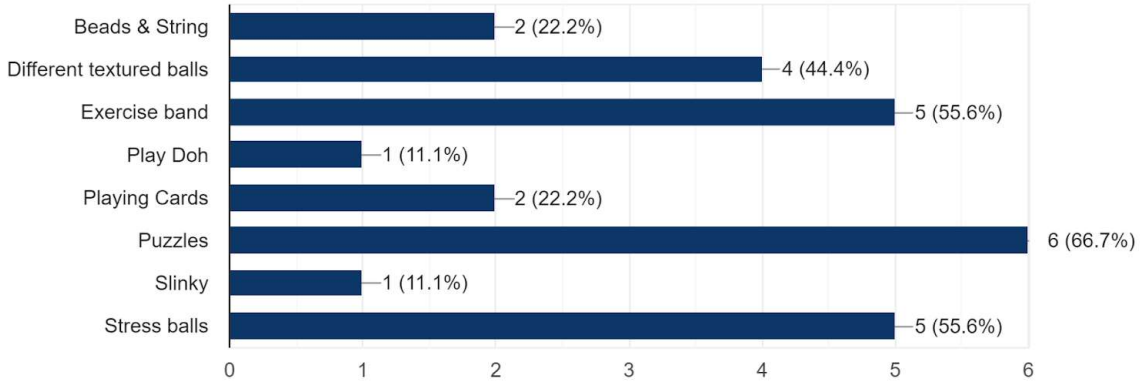
Check UP TO TWO (2) paper goods sensory items

9 responses



Check UP TO THREE (3) physical manipulatives sensory items

9 responses



Check UP TO TWO (2) technology-based or device-oriented sensory items

9 responses

