Wellness Team Meeting Minutes
Winton Woods City Schools
Monday, February 26th, 2024
4:15 – 5:15 pm
Winton Woods Community Building - Room 105

Attendees

Steve Denny, Nancy Starkey, Toni Patterson, Jermaine Hill, Sherwin Sutherland, Doug Sanker, Savannah Sutton

⇨ 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.

Our School District's Wellness Priorities:

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

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

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

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

Minutes

- Steve introduces Savannah from the Hamilton County Health Department. Savannah will be replacing Andrea and will be the Health Department WeThrive! liaison to our district. She is also the liaison to the City of Forest Park's WeThrive! Community initiative.
- Savannah talks briefly about herself and shares her background and expertise.
- Steve reviews our "Team Purpose" for the district's Wellness Team.
- Steve informs the group that we did receive the Hamilton County Public Health (HCPH) Mini-Grant - see the attached action plan & budget.
- The Middle School had some work around vaping and also suicide intervention this year, the grant application was modeled on much of this work and scope.

- We have approx. 4,000 students that we hope to spread the word about tobacco use, vaping, nutrition, exercise and mental health.
- Mark Doctor will be hosting a “Nutrition Night” that could include the Food Bus and possible giveaways. This is also part of the HCHD FY24 grant funding.
- The City of Forest Park plans to host a “Community Cooking Night” at the Forest Park Senior Center in the near future.
- Back to the Mini-Grant - the $35,000 grant must be spent by May 24th, 2024.
- Steve goes over the calendar listing the deadlines.
- Our contact is Kim from the OSU Extension for the City of Forest Park, Steve plans to connect with her.
- Steve briefly goes over the WeThrive! Wellness Priorities Document with the group (see attached).
- Savannah explains that Hamilton County Public Health will help work on the 2025 new Wellness Priorities document.
- Steve talks about the Wellness bus on Mark Doctor’s behalf - the bus can now serve hot food like a food truck, not just pre-made food. It is now also a food prep platform as well and not just a food distribution platform.
- Nancy goes over the Wellness Priorities Updates for staff wellness - We have a new App that is better than the apps in the past.
- Nancy plans to start working on next school year’s Health Fair soon.
- Steve touches on Safe Routes to School - he would love to see the City of Forest Park lean into the infrastructure scope outlined in the collaborative plan (crosswalks & rapid flash devices).
- Jermaine shares that the City of Forest Park has a newsletter about health and wellness. They also hold various fitness classes.
- WeThrive! Learning Collaborative will be held on March 12th from 12:00 pm - 1:30 pm
- Norwood has a new community health clinic located at: 5050 Section Road
- Jermaine shares that a Bourbon tasting event will be held on April 26th at the Forest Park Senior Center, the cost is $50 per person, this includes a Bourbon infused meal.

<u>Next Meeting: Tuesday, April 16th, 2024</u> - Winton Woods Community Building, Room 105