Wellness Team Meeting Minutes
Winton Woods City Schools
Tuesday, September 19, 2023
4:15 – 5:15 pm
Winton Woods Community Building - Room 105

Attendees

Steve Denny, Nancy Starkey, Andrea Bourgeois, Courtney Wilson, Doug Sanker, Mark Docter, Sherwin Sutherland, Toni Patterson, Erik Maahs, Jeanette Jordan, Tonya Bray

⇨ 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

Tonya Bray reported that the district partnered with Mind Peace. Tonya stated that 1 in 5 people in the USA experience mental illness.

Streve Denny spoke about the Mindfulness baskets that were distributed in August. These baskets were funded by the Hamilton County EO22 Mini-Grant and were filled with items to help reduce stress in the workplace. Items included: Adult coloring books, colored pencils, stress balls, relaxation cards, playing cards, puzzles, breathing relaxation light devices, ect.

Doug Sanker reported the possibility of applying for the “stronger Connections Grant” schools can receive up to $170,000. “Out of School Time” is a priority for this grant.

Nancy Starkey reported that over 100 district employees registered for the biometric screening and flu shot. She also mentioned that if the employee does not receive an annual physical, then their insurance plan will increase between $40 and $80.

Mark Docter stated that the new Food Truck stops at three (3) sites per week during the summer meal service program: The Greenhills Community Building, Forest Chapel and Quinn Chapel. A whole lot of food has been distributed by the food truck, including hot meals such as Philly Cheesesteaks. Yum!

Winton Woods Child Nutrition Department partners with WeThrive! to distribute monthly food boxes. Seventeen (17) volunteers are needed each month to help with distribution. This takes place the 1st Thursday of every month. This runs from 4:00 pm to 6:00 pm however they usually run out of food by 5:20 pm. This supports approx. 300 families each month.

Safe Routes to School - Update: We are hoping the City of Forest Park plans to submit the Safe Route Plan soon since it’s ready to go. Steve pointed out that there is new infrastructure up and down Winton Road (new bus stops and new paving taking place).

An Enhanced Crosswalk with Flashing lights was placed at Waycross and Central Drive, near the North Campus. Another Enhanced Crosswalk with Flashing lights was placed in front of the future Early Childhood Central Campus on Waycross Road.

The School Based Health Center (SBHC) located in the South Campus, should be opening in October. So far the clinic looks great, they tried to match our branding. A dental chair is coming to the clinic, however, supply chain issues are delaying this. The clinic will provide the following services to our community: Dental services, behavioral health services that supports existing Talbert House counseling, vaccinations, as well as illness visits and vision services in the near future. Note: A bi-lingual receptionist has been hired who happens to be a Winton Woods alumna.

New Grant Opportunity - HCPH mini-grant worth $35,000. There are three (3) main identified areas of implementations for this grant for our district: Mental Health, Physical Health, Social & Emotional Connectedness - Mind Peace Note: Training Assemblies are available.

Andrea reminds us that the OSU Connect and Teach Cooking Classes are still available.

Some ideas were tossed out about how we could create wellness throughout the district: After Hour classes, ART Therapy, Intramural Clubs Like: Pickleball & Flag football to name a few.

Miami University has a program called “Train the Trainer”. This may be a good resource - Doug volunteered to get us a contact for this program.

Public libraries offer some reading programs that are free of charge.

Bee Fit - moved their location from the Cincinnati Mall to the Promenade Shopping Center.

Staff Wellness goals were reviewed.

Next Meeting: Tuesday, Dec. 12th, 2023 - Winton Woods Community Building, Room 105