Wellness Team Meeting Minutes
Winton Woods City Schools
Tuesday, December 12, 2023
4:15 – 5:15 pm
Winton Woods Community Building - Room 105

Attendees

Steve Denny, Nancy Starkey, Toni Patterson, Courtney Wilson, Jodi Pickering (from 1N5)

⇨ 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 Jodi from 1N5. Jodi is our school's program contact.
- The organization 1N5 started in 2008 when the founder's husband tragically took his own life. Their mission is to reduce suicide rates, especially among young people.
- The stigma surrounding suicide has lessoned but is still very presant in the minority communities.
- 1N5 teaches a Question, Persuade, Reform (QPR) program that relates to suicide prevention.
- HB123 - Ohio State Law - Public Schools must teach an hour of suicide

prevention per year.

- They offer three (3) short videos that include questions called “Signs of Suicide” for a cost of $500.
- “Sources of Strength” is a student program that is offered for grades 6-12.
- Adults can become a mentor by completing a four (4) hour training course.
- Children’s Hospital offers a four (4) day program for 8th & 9th graders that are at risk. This program is called “Adapt For Life.”
- Jodi shares that her partner is also a former teacher and that they would like to partner with our schools to start teaching our staff the 1N5 program.
- Courtney Wilson mentioned that there are needs across the district but in particular, the needs at the early childhood level are noted.
- Steve asked Jodi “How can we maximize the use of your services for this year?”
- Jodi suggests that they train one (1) teacher per grade level in a train-the-trainer type model for professional development.
- Staff Wellness goals were reviewed.

Next Meeting: Monday, February 26th, 2024 - Winton Woods Community Building, Room 105