WELLNESS TEAM MEETING
WINTON WOODS CITY SCHOOLS
TUESDAY, APRIL 16, 2024
4:15 – 5:15 PM
LOCATION - GREENHILLS COMMUNITY BUILDING
ROOM 105 (8 ENFIELD, CINCINNATI, OH 45218)
(ENTER VIA DOOR # 7 OR #12)

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

⇨ Guest Speaker - Sarah Walsh, Director, School & Community Advocacy, Cook Center For Human Connection
www.parentguidance.org - no cost mental & emotional health resources for parents
www.mylifeisworthliving.org - no cost animated mini-series about mental health for teens and youth, ages 12 and up

- Free online courses available taught by licensed therapists
- Family mental health nights hosted by trained professionals
- Access to free "Ask a Therapist" Q & A

⇨ Review minutes from last meeting - Link: Wellness Committee Minutes FEB_2024.pdf

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

⇨ Wellness Priorities Updates - Mark, Tonya, Nancy & Steve
Steve provided some quick updates on our wellness priorities and the process of preparing to update the plan for the next triennium (2025 - 2028)

⇨ FY24 HCHD Grant Update

- Mindpeace professional development around SEL completed April 8 - set baseline for staff
- 1N5 professional development around self-protective factors and self-harm prevention planned for April 29
- Student Wellness Facilitators posted, selected and have met twice, third meeting planned to support the wellness work at the building level, share ideas and discuss progress

⇨ School Health Index Assessments (based on work from Centers for Disease Control - CDC) for next Priorities Document (Your reference number for the SHI is: **Wint109424**)

- Savannah discussed next steps for the SHI survey question completion
- Team recommended key identified personnel to help answer questions; e.g., PE teachers, Health teachers, various administrators in key roles related to the SHI assessment sections & questions, etc. - Steve & Savannah will connect in an offline meeting to work through the specifics around this
- Savannah advised to complete the same sections in the SHI as last time (3 years ago)

⇨ WellSAT policy assessment tool

- Savannah will compete the WellSAT and section 1 of the SHI which assesses district wellness policy as measured against identified best-practices, research and standards

⇨ 2023 – 2024 Meetings – Quarterly @ 4:15 PM: QTR 1 (9-19-2023), QTR 2 (12-12-2023), QTR 3 (02-27-2023), QTR 4 (04-16-2023)