

Westbrook Walnut Grove Elementary: School Health Council

Tuesday, Sept 21, 2021 3:30-4:30

Westbrook Walnut Grove Elementary

Welcome

- Sign-in & welcome committee members
 - Attendees: Michele Freeburg, Maydra Mass, Mckenzie Benson, Brody Wright, Denise Clouse, Angie Benson, Janet Bush, and Faith Hennen
- Meeting Minutes: Faith Hennen

Wellness Updates

- Healthy Eating Updates- Michele
 - Produce is being brought in to the school
 - Salad bar provide for students in grades 4-6
 - OCTOBER is Farm to School Month
 - Use hashtags #MNFarmtoschool or #F2SMonth if documenting celebrations on social media
 - Apple Crunch Day (Oct 14th)
 - Great Apple Crunch Day is a way to celebrate National Farm to School Month by collectively purchasing and crunching into local and regional grown apples at 12 pm on 10/14/21.
 - WWG plans to participate
 - Sharing tables is allowed
 - Michele plans to further discuss with lunch lady when she returns
 - MDH has guidance on their website regarding sharing tables
- Go Wild- Brody
 - Vegetable/Fruit course for 3rd graders
 - Whole grain course for 4th graders
 - Plan is hold off with 4th grade course until there is better coverage
 - Option for the course to be done in the classroom or can be completed virtually
 - Course is planned to start in November
- Sanford Fit – Denise
 - Alicia is leaving her role – Denise will update the health council with new contact
 - Program will begin again in January and end in May
 - Last year the entire program was almost completed
 - Videos of the hospital instead of an in person tour due to COVID
 - Last year a pre-test in January and a post-test in May were conducted
 - Saw a positive increase in test scores
 - Dental health was identified as 1 of 2 critical health need in Westbrook's Community Health Assessment
 - Denise and Dasha are looking for ways that Sanford can assist the school with this critical need as it already has a dental program established
 - Have 3 years to work on key priority

- Plan to continue monthly fluoride and provide students with toothbrushes/toothpaste
 - Please check expiration dates of supplies
 - Plan to have dental health week in February
- Physical Education – Kenzie Benson.
 - Focus this year is on behaviors, listening and motivation
 - Jump Rope for Heart is planned to be completed in February
 - Discussion about holding a Family Day event
- Active Classrooms
 - Last year students were encouraged to get up in the classroom
 - Haven't discussed much about active classroom this year yet
 - Move cards were provided to staff
 - Angie will talk with teachers to see if move cards are needed
- Nurse Updates – Dasha
 - Quarterly hand washing – this will be completed next week
 - Reviewing AED/CPR with students in grades 3-6
 - WGG is a Seizure Smart School
 - This will be renewed
- Student Input
 - Prior to COVID students attended wellness meeting
 - Janet and Faith will create a short survey for 6th grade students to complete prior to next wellness minutes
 - Survey will included topics such as emotional health/support, food, movement, ideas for lunch rooms, and resources needed for recess

New Opportunities

- School Health Index
 - SHI responses direct SHIP projects and help guide funding
 - Assessments will be sent via e-mail for staff to complete
 - SHIP staff request assessments to be completed by 10.11.21
- Potential worksite wellness collaborative
 - Jen Nelson – SHIP staff who focuses on worksite wellness
 - Her work targets teachers
 - Inform Janet or Faith if there is any interest.
- HealthSource Solutions worksite wellness PDFs
- Move Mindfully
 - Previously known as 1000 Pedals
 - Training has expanded – option for training to be completed online
 - SHIP is offering this program to all schools partners and will plan a group training if interested
- Reboundable & movable Yield to Pedestrian Sign
 - Janet will e-mail Paul Olson to further discuss
- Encourage water posters/handwashing posters
 - Janet will e-mail Dasha to follow-up if posters are needed

Westbrook Walnut Grove Elementary: School Health Council

Tuesday, January 18, 2022 3:30-4:30

Westbrook Walnut Grove Elementary

Welcome

- Sign-in & welcome committee members
- Meeting Minutes

Wellness Updates

- Healthy Eating Updates- Michele
 - No new updates
- Wellness- Dasha
 - No new updates
- Go Wild- Broderick
 - Produce colors for the next few months: January: Green, February: Yellow/orange, March: White/tan
- Sanford Fit- Denise
 - Going well! Working on Jump Rope for Heart with Kenzie
 - Janet will drop off jump ropes in Tracy so she can distribute
- Physical Education – Kenzie
 - Feb 14th is the kickoff for Jump Rope for Heart
 - Challenge runs Feb 14-Mar 4 with an awards ceremony
- Recess equipment
 - Mini grant completed and will be purchased
- SHIP updates
 - Outdoor learning spaces are an option for SHIP funding, if the school is interested in developing one. This can help with social-emotional wellness, along with an opportunity for physical learning.
 - Mr. Olson received a SHIP grant for school safety items: Yield to Pedestrian signage, reflective vests, hand held stop signs and a Buckle Up stencil for the parking lot.
- Healthy Schools Assessment on Healthier Generation
 - Completed. Physical activity, SRTS and professional development opportunities for staff are areas of opportunity. (HPE6, PA3 and PA5) The safety grant will address SRTS support. Professional development that teaches healthy eating, physical activity, active classrooms, social emotional learning or tobacco cessation are opportunities for SHIP funding.

Westbrook Walnut Grove Elementary: School Health Council

Tuesday, Sept 20th, 2022 3:30-4:30

Westbrook Walnut Grove Elementary

Attendance:

Angie Benson	Tyson Crosby	Brody Wright	Chee Her
Denise Clouse	Michelle Freeburg	Maydra Maas	
Derrick Jenniges	Marissa Brown	Janet Bush	

Agenda Items:

- Introductions
- What are you looking forward to this school year?

Wellness Update Round Robin

- **Healthy Eating Updates- Michele** – Michelle noted that there are boards in the hallway, they plan to put fun questions on the boards, students will write answers on the boards. They may put questions on what the students would like to eat or to add to the food menus and do voting in October to include new/different foods in the menu.

Michelle would like Marissa to send her more information/ toolkit on Harvest of the month. Marissa will include information on the meeting minutes email.

Michelle plans to participate in the "Great Lakes Apple Crunch" day celebrated on Thursday, October 13th. Michelle plans to get apples from a local community member who has brought apples in the past for the program. Marissa has offered to help with any coordination with an Orchard locally, if Michelle should need it. Marissa asked Michelle to reach out to Marissa if she needs assistance.

Marissa mentioned the First Bite and School Full Tray Mini grants and Michelle has requested Marissa send information regarding these grants. Marissa will include information on the meeting minutes email.

- **Go Wild- Brody-** Brody plans to email teachers in the next week or so regarding Go Wild. Brody would like to get started in October. Brody has expressed excitement for starting up Go Wild again this year.
- **Sanford Fit – Denise-** Denise notes that she does plan on doing the Sanford Fit program for this school year. Denise has expressed that she is looking forward to a new year with new students. Denise notes that she will be reaching out to Tyson in the next few months to coordinate the program and is planning to start up in January. Denise expresses that she is on her own right now, she used to have an aide, but this position has not been rehired yet. Denise notes that this will affect coordination of Sanford Fit classes between both Walnut and Tracy schools, but she is working on it.

Denise gave an update on the Dental Program. Denise notes that Sanford and Walnut elementary paired up for the dental program. She notes that they have the supplies and are waiting on the information with the sealant program. They were

able to get funding for this year 2022-2023, and next year 2023-2024 school year for supplies.

- **Physical Education – Tyson** –Tyson was not present for the meeting due to other obligations. Derrick updated, noting that Tyson does have plans to participate in the Jump Rope for Heart program this year and will be taking the lead on it.
- **Active Classrooms** -Angie notes that the classrooms have been utilizing “Go Noodle” and Sanford Fit Cards with the students. Angie notes that in the past the school has done yoga mental health training classes with the staff. Angie was wondering if this program is something SHIP could help with for funding. Marissa noted that it is possible that it would be something that SHIP could assist with, but that Marissa would need to go back to the SHIP team and discuss it and look over some financial guides to see if it is something that is allowable. Marissa noted that the state is really focusing on PSE changes and that this is something that we will need to think about with this program. Marissa noted that if this is something that can be approved through SHIP, Marissa will discuss this PSE process more in depth. Marissa mentioned that Marissa would get the information for this to Angie before or by the next meeting.
- **Nurse Updates – Chee**- Chee was not present for this meeting. Marissa noted that since Chee is new to this position, Marissa will reach out separately to Chee to give her some information on what this Health Council is, what we do, and to encourage she attend in the future if possible.
- **Student Input** – Things from are being used on the playground and it appears the students are enjoying the additions. Angie noted that they are using the four-square balls and the ankle balls a lot as well.

One thing they may consider working on this year is bullying, Angie states. Derrick noted that the school board spoke about bullying, but also notes that it has been difficult because some of the bullying is occurring not on school grounds, and not on school time, which limits what the school is able to do about it.

- **Healthy Schools Assessment on Healthier Generation** – Marissa updated the council on the new SHI regulations. Marissa explained that it is now no longer required yearly, but every four years. Marissa noted that Walnut had completed theirs last year, so they would only need to update and document goals for this school year. Michelle asked if the wellness policy should be updated still and Marissa noted that it should be at the very least reviewed yearly and updated as goals or circumstances change. Marissa asked the council if they had any specific goals for this school year, no specific goals were set at this time. Marissa will allow council to think about this and Marissa will revisit this at the next council meeting. Marissa will remind council in meeting minutes email to think about what goals regarding health and wellness they have for the students this year.

Walk/Roll to School Day - Marissa asked the council if there are any interest in doing a walk/ roll to school day this year. Marissa expressed that Marissa would be willing to come to school and help do counts, or hand out rewards for walking/ rolling to school. Derrick noted that he would need to check with buses and staff before making any decisions. Marissa noted that walk/roll to school day could also be in the form of a walk at school day, where classes or grades take walks together. Angie noted that maybe this would be something that they could incorporate into gym class on that day. Derrick notes that this is also a busy week with Fire prevention safety and other events occurring and he would need to discuss with everyone to see if it is something they can/want to work in to the agenda. Marissa asked if they would like Marissa to send the campaign information to them and Derrick noted that he would like that.

- **New Health Council Member?** – Marissa mentioned that Laridee used to be on the Health Council and is no longer a member. Marissa asked if the council would like to ask someone else to join the council to take her place. Derrick noted that he would reach out to ask if there is any interest in someone filling her spot on the council.

- **Possibility of interest for in-person meetings?** – Marissa asked the council if there was any interest for in- person meetings. Derrick noted that maybe every other meeting would be an option. Marissa also noted that if it is easier for everyone to keep it via zoom, there is always the option of one of the meetings being in person per year and the rest via zoom, or really it could be however it is easiest for the council. Angie noted the one component that they are missing with meeting via zoom, is that they used to have some students on the council as well, but they were often not very active in the group. Marissa noted that she believes that is a fantastic idea, but of course you'd want students who would participate. Marissa encouraged the council to think about some students that they feel would be active in the council as a possibility again, even if they only joined in on the one in person meeting, it may be good to get their input. Marissa encourages the council to think about the in- person meetings and to think about the possibility of students joining for input and we could re-visit this at the next council meeting.

Next Meeting:

Tuesday November 15th 3:30-4:30pm -VIA ZOOM

Sept, Nov, Jan & Mar on 3rd Tuesday @ 3:30-4:30pm

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Next Meeting:

Tuesday November 15th 3:30-4:30pm -VIA ZOOM

Sept, Nov, Jan & Mar on 3rd Tuesday @ 3:30-4:30pm

Walnut Grove Elementary: School Health Council

Tuesday, Sept 26th, 2023 3:30-4:30

Walnut Grove Elementary

Join Zoom Meeting <https://swmhhs.zoom.us/j/9469558826>

Attendance:

Angie Benson	Tyson Crosby	Brody Wright	Chee Her
Denise Clouse	Michelle Freeburg	Rebecca Foster	Derrick Jenniges
Janet Bush	Breann Nilius		

Agenda Items:

Wellness Update Round Robin

- Healthy Eating Updates- Michele-has received the Fresh Fruit & Vegetable Program, which has involved a lot of paperwork. WG has been getting produce from Rupperts. Michele was contacted by MDE to participate in a Community of Practice to prep for her 2024 administrative review. Expect a review of the local wellness policy in November.
- Go Wild- Brody- Go Wild program is being updated, but will be ready for November roll-out to 3rd graders. He is also offering after-school programming on fruits and vegetables. WG could offer it alternating between in-town youth and the after-school program in Westbrook.
- Sanford Fit – Denise- Sanford FIT will be ready for January roll-out
- Physical Education – Tyson
- Active Classrooms –Angie- Angie will unpack the indoor recess kits so they're ready for rain or snow days. Students are enjoying new playground equipment installed this summer.
- Nurse Updates – Sanford flu shot clinics are planned and shared with WG.
- Student Input
- Social Emotional Wellbeing- Still working toward this. Derrick is part of a monthly collaborative through the SW/WC Service Coop with 8-10 other schools in MN.

Next Meeting:

Sept, Nov, Jan & Mar on 3rd Tuesday @ 3:30-4:30pm

- ~~Sept 19th 2023,~~ Sept 26, 2023
- November 21st 2023,
- January 16th, 2024,
- March 19th 2024

SY 2023-2024 goals: participate in administrative review Community of Practice. Review & make necessary updates to Wellness Policy. Continue F2S work & FFV program. Use indoor recess kits. Participate in Go Wild and Sanford Fit. Work toward additional SEL. November meeting: plan on evaluating the Walnut Grove Elementary and School Health Index Review

Walnut Grove Elementary: School Health Council

Tuesday, Nov 21st, 2023 3:30-4:30

Walnut Grove Elementary

Join Zoom Meeting <https://swmhhs.zoom.us/j/9469558826?omn=86533310545>

Attendance:

Angie Benson	Tyson Crosby	Brody Wright	Chee Her
Denise Clouse	Michelle Freeburg	Rebecca Foster	Derrick Jenniges
Janet Bush	Breann Nilius	Melissa Van Hyfte	

Agenda Items:

Wellness Update Round Robin

- Healthy Eating Updates- Michele – No Updates
- Go Wild- Brody-
- Sanford Fit – Denise- *I have confirmed that FITClub will start in January (hoping January 4, but maybe the 11th). I will be coming in on Thursday's during the 4th grade PE hour until mid-May.*
- Physical Education – Tyson – PE is going well working on locomotive skills right now and offering the weight room to 6th grade. Answered PE related questions on SHI
- Active Classrooms –Angie Awarded hydration station grant from the State of MN and Indoor recess grant.
- Nurse Updates – Chee
- Student Input
- Social Emotional Wellbeing-

School Health Index Assessment – SHI was completed with notes. Total student body is 306. Also noted was staff wellness. They have done health related challenges in the past and would potentially like to do them again. Melissa is sharing wellness challenge ideas from SWHHS.

Next Meeting:

Sept, Nov, Jan & Mar on 3rd Tuesday @ 3:30-4:30pm

- ~~Sept 19th 2023,~~ Sept 26, 2023
- November 21st 2023,
- January 16th, 2024 (? TBD)
- March 19th 2024

Action Items:

Action Plan to include who is the Wellness Council Representative

Next Meeting: Review Wellness Policy

Walnut Grove Elementary: School Health Council

Tuesday, March 19, 2024 3:30-4:30

Walnut Grove Elementary

Join Zoom Meeting:

<https://swmhhs.zoom.us/j/85094097346?pwd=KkP6zZpnXjNb0RagaXAAjAOlbmX5SV.1>

Attendance:

Angie Benson	Tyson Crosby	Brody Wright	Chee Her
Denise Clouse	Michele Freeburg	Rebecca Foster	Derrick Jenniges
Janet Bush	Breann Nilius	Melissa Van Hyfte	

Agenda Items:

Wellness Update Round Robin

- **Healthy Eating Updates- Michele:** Students are trying new fresh fruits and vegetables and recently tried yam sticks and jicama with ranch. Michele attended food service training at SWWC on March 7 as well. Numbers continue to stay high this year and they will once again provide a summertime lunch program.
- **Go Wild- Brody-**
- **Sanford Fit – Denise:** FitClub continues to be a success and will be wrapping up on April 9 as Denise is transitioning to a new role. She will provide information for the new contact soon. Hoping new contact will continue the program next year.
- **Physical Education – Tyson**
- **Active Classrooms –Angie:** Melissa will follow up with Angie via email to confirm the water posters were received in February.
- **Nurse Updates – Chee**
- **Student Input**
- **Social Emotional Wellbeing-**
- **Staff Wellness**
- **Develop Wellness Purpose/Vision and GOALS of the committee.**
 - Derrick has been appointment the committee Chair Person.
 - Janet shared example of how to list the committees Mission and Vision on their website. Please see the example of Winona Area Public Schools. Becky will check to see if this statement can be posted on the school website and will also check if it requires prior School Board approval.
 - Melissa will send out a poll to find out what days of the week and times are most convenient for the 24-25 school year meetings. This will include before and after school options.
- **Create a sub-committee for wellness policy review**
 - Schedule a separate meeting for discussion
 - Sub-committee to finalize triennial assessment documentation, present to and make public: The committee has decided there will not be a sub-committee at this time.
- **School Health Conference: Date and Time:** Thursday, March 21, 9-3 at Southwest West Central Service Cooperative, Marshall, MN. Keynote speakers include Kris Langworthy who will present "AAA: 3 Steps to Successfully Navigate Stress,

Overwhelm, and Anxiety." She will equip you with 3 steps to successfully navigate undesired emotions in a positive and healthy way. Also presenting is Amy Theisen Walz who is the Founder and President of the non-profit You're Not Alone. Her mission is to create a non-judgemental zone by understanding student's experience with mental health diagnosis.

- Michele is considering applying for books through Thrivent Action Teams once again this year as this was successful last year.

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