



OSD Wellness Committee Meeting Minutes

Oregon School District Wellness Committee Agenda May, 2025

5:00 - 5:45pm via Google Meet

Present: Alex Marks, Mandy Bienlein, Julia Bravery, Laila Miles, Avery Lindhardt, Anna Seidenstricker, Kerri Modjeski, Andy Weiland, Dan Hillgartner, Margaret Zywicki, Nick Russel, Ahna Bizjak

Not Present: Shannon Anderson, Jason Zurawik, Nicole Aaberg, Jaimie Pfundheller

❖ 5:00 - 5:05pm - **Welcome and Introductions**

❖ 5:05 - 5:10pm - **Review Wellness Policy [721](#)** and specifically **721.08.02**

➤ **Key Points**

- 721.06.02 Celebrations and Parties. The DWC will provide a list of healthy celebration/ party ideas to parents and teachers, including non-food ideas. The DWC will provide a list of foods/ beverages to parents/ guardians that meet Smart Snacks nutrition standards, as well as non-food related age- appropriate ideas. (Mandy discussed)

[W](#) K-6 Healthy Celebration Letter 2024-2025 .docx

- 721.08.02 [Wellness Policy Report Card](#). This has not been done since 2020, most likely due to COVID. We are going to provide a draft of the report card for the first meeting next fall and then provide a final report at the 2nd meeting. We are looking for sub-committee members who would like to help us create this. (Alex discussed and showed the report card. Would like to create a report card for next year. Would like to get a sub committee evolved and looking to create this for fall and looking to create 2nd meeting next year)

➤ **Active School/Community Opportunities** (Presented by Alex Marks)

- PTO Fun Run: May 31st, starting at 9am at RCI
- Oregon Kids Triathlon: August 16th

❖ 5:10 - 5:15pm - **Oregon Food Pantry Update** - Shannon Anderson (not present)
(Presented by Alex Marks)

- Since Sheri left, the food pantry has been managed by its board.
- If you know someone who might be a good fit to fill Sheri's role, please reach out.
- The food pantry is always in need of volunteers and donations.

❖ 5:15 - 5:35pm - **District Updates**

- **Student Support Services** - not present
 - No update
- **HR** - Julia Bavery
 - Health and flex Open Enrollment begins in July
 - Vision Open Enrollment is currently happening and coverage will start in September.
- **Brooklyn** - Anna Seidenstricker
 - They continue working to promote health in Brooklyn, with a focus on incorporating movement activities for students.
 - This past year has seen significant staff turnover, making it hard to maintain wellness groups and the school garden.
 - They set different health-related goals each month.
 - The school garden, though maintained, is in need of a full redesign. They aim to revive it without requiring significant staff time or funds.
 - The PTO has been brought in to help. For now, the garden is on pause as they explore ideas to transform it into a more community-oriented space.
 - They will apply for a DPI grant next fall.
- **Forest Edge** - Kerri Modjeski
 - Green and healthy has been a focus along with Health and Wellness.
 - The walking path is still actively used during recess and features benches and has an incline.
 - The 4th grade has partnered with the Greater Madison Writing Project to improve access to the prairie and create more paths for outdoor walking and exploration.
 - Kids in the neighborhood are encouraged to walk or bike to school, and many already do. There's an ongoing effort to make the streets safer and more walkable to support this. Recently, the Mayor of Fitchburg (and other office positions) helped by painting new crosswalks—bringing kids' ideas to life and showing them how their vision can become reality.
 - Shoutout to Andy Weiland who won the 2025 WAEE Educator of the Year - Administrator award!
- **Netherwood Knoll** -(Presented by Alex Marks)
 - **For Staff:** Promoting self and community care, monthly community circles and staff outings help build camaraderie

- **For Students:** Bike Rodeo on May 21st and 22nd, Field Day is replacing the school picnic and game day, raising chickens
- **For Community and Families:** Spearheaded a book study on “The Anxious Generation, PTO Community Fun Run, sending home fresh NKE eggs with families
- **Oregon High School - Margaret Zywicki**
 - They talked with students about drugs and alcohol.
 - Student Services reads articles and listens to podcasts about mental health and discusses the issues with students and families.
 - In honor of Sexual Assault Awareness Month, students created an impactful display.
 - They received a grant to provide menstrual products for all students. The goal is to continue this initiative even after the grant funding ends.
 - Three students organized an informational session for Spanish-speaking families, providing dinner and childcare. They discussed the harmful effects of vaping and are considering expanding the program to reach athletic students, while also offering more leadership opportunities for our students.
- **Oregon Middle School - Jason Zurawik- not present**
 - OMS recently had its first OMS Blooms (spring student showcase) on Tuesday, May 13th. We had over 150 attend to view:
 - Student artwork
 - Complete a scavenger hunt
 - Watch lego/robotics, martial arts, and dance presentations in the cafeteria
 - Have family fun playing pickleball and 4-Square
 - Three amazing food trucks also joined us to complete the night with yummys for our tummies!
- **Prairie View - Dan Hillgartner**
 - Movement room for kids to move
 - Increase hours for zen den, staffing can be a challenge
 - They have Mindful Minute on Wednesdays
 - Garden with parent volunteers
 - Reinventing outdoor space, make it more inviting
 - Trying to add more accessible recess equipment
 - Field Day approaching
 - Healthy snacks for testing
 - Mission Mondays
 - March madness wellness challenge

- **Rome Corners** - not present
 - No update
- **School Nurse Update** - not present
 - No update
- **High School Student Wellness Committee** - Laila Miles, Avery Lindhardt
 - They have been wellness focused.
 - Eco clubs notice there is growing interest in engineering.
 - They've been exploring ways to make the high school greener, focusing on how to better utilize the available space.
 - Hosted a clothing drive and bake sale to fund the club, while exploring ways other clubs can help and offer volunteer hours.
 - High school students volunteered to weed and clean up the yard at the school. May be able to help at other school gardens as well.
 - As the end of the year approaches, they feel that everyone is in a better place overall.
- **Pool** - Nick Russel
 - Green Initiative – Solar panels installed in Jan. of 2024, generating over 150 megawatt-hours of energy over the past year, covering approximately 50% of the facility's power needs.
 - The OSD PE classes are nearing completion for the school year.
 - Swim Lessons- Current session reached a record high with 250 participants; even greater enrollment expected for the upcoming summer sessions.
 - Pool staff will have a get-togethers this summer to play sports and stay active.
 - At least 10 staff members are actively utilizing their swim benefits.
 - Lifeguard Training – Training sessions are now offered more than once a month.
 - After-school groups (Spark and ASC) are using the pool monthly.
 - Front Garden – The garden out front was planted last week.
 - They recently held a movie night and an egg hunt for the community.
 - They offer water exercise classes with 40-50 participants in each session.

- Ahna Bizjak introduced herself
- Andy Weiland talked about an opportunity to help pull weeds at Forest Edge tomorrow night (5/9)

- ❖ 5:40 - 5:45pm - **Wishlist**
 - What would you envision to improve or elevate the fitness and wellness of our students and staff?
 - OHS: Composting, community gardens, fruit with meals (adding it to composting)
- ❖ 5:40 - 5:45pm - **What would you like to see for next year from the Wellness Committee?**
 - Having more students involved, possibly from other schools

We discussed more about the Wellness Report Card.

5:45pm - **Adjourned**