



OSD Wellness Committee Meeting

Oregon School District Wellness Committee Agenda

October 15, 2025

5:00 - 6:00pm via Google Meet

Present: Alex Marks, Mandy Bienlein, Shannon Anderson, Mikaela Powers, Dawn Goltz, Heidi Walter, Nick Russel, Laila Miles, Avery Lindhardt, Anna Seidenstricker, Molly Dall'Osto, Kerri Modjeski, Nicole Aaberg

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

❖ 5:05 - 5:15pm - **Review Wellness Policy [721](#)** and specifically **721.08.02**

➤ **Key Points**

- 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 after the first meeting this fall, we will then send it out to the committee and then provide a final report after the 2nd meeting. We are looking for sub-committee members who would like to help us grade OSD.

➤ **Active School/Community Opportunities** - Alex Marks presented

- Oregon In Motion took place on Friday, October 3rd, on the OHS outdoor track. Our participants completed more than 600 laps combined!
- Oregon Fire/EMS Craft Fair at OMS on October 18th from 9am-3pm.
- Oregon Public Library Book Sale October 17th 4-7pm, 18th 9-3pm.
- Indoor Pickleball at OHS starts up on 10/22 through Community Ed at the Field House. Will expand to Sunday mornings in November. They get 60-90 people that show up on any given day.
- Candlelight Hike takes place at Anderson County Park, on Saturday, November 1st, from 5-8pm. There will be lit hiking trails, a story walk provided by the Oregon Public Library, snacks, and a bonfire. People put tea lite candles around the trail to make it as safe as possible. Community Ed and OWCC helps by making smores. Boy Scouts make hot dogs.
- Indoor Community Walking at OHS starts up on 11/3 till May through Community Ed; 6:00am to 7:30am. 35 people signed up and 5 volunteers/ supervisors. It's \$20 for the entire season.

❖ 5:15 - 5:20pm - **Oregon Food Pantry Update** - Mandy Bienlein presented

- Update from Julie Krzystog
- Executive Director, Sheri Pollak, resigned in March. I began as the Director of Operations in June. I have been on the Management team for 15-yrs and retired in January, so it was an easy transition to make.
- We have experienced a lot of uncertainty with budget cuts this year. We are doing our best to increase our donations through mailing, food drives, and Amazon Wish List.
- Our monthly households have varied between 185 and 220 families per month. Q4 has our largest pantries so we are gearing up for more attendance. We have started to limit the visits to one per week. Most of the quantities are unlimited so families may take what they need for their family size.
- The community gardens have been very generous in supporting our pantry throughout the summer / fall.
- Second Harvest cannot supply turkeys for our guests this Thanksgiving, as they always have, so we have been working through that unexpected expense.
- We have a generous anonymous donor that continues to fund our school lunch and Food 4 Break programs for families that qualify.
- We are evaluating the need for more distribution days in 2026 to accommodate the needs of our community.
- Shannon Anderson presented
 - Serve on the Board of Directors for the Food Pantry and wants to be the liaison between the school and the pantry
 - All the board members were asked to lead their own food drives. District Office Food Drive in October.

❖ 5:20 - 5:45pm - **District Updates**

- **Student Support Services-** Shannon Anderson presented
 - Food Pantry: Fall breaks, Food for Breaks. The numbers grow as the year progresses and for fall currently serving 62 Oregon families, 122 students.
 - Mental Health Screener for 6th and 10th graders. The 10th graders took it this week. Screens for trauma that impacts your really ability to function, depression, and suicidal ideation. They follow up with students that identify and put interventions for them.
 - Panorama which is an social emotional learning survey for grades 3-12. We use that to look at students and school wide goals and

plans. Schools have already planned many great things based on this data.

- Recalibrating attendance procedures and policies across the district. We found we were inconsistent in some places and so we are trying to be more consistent. Our social workers are planning on supporting working with the families that we identify that are struggling with attendance and trying to put support in place to help them.
- Highlight the Be a Champion Mentor Program. The Friends of Oregon School District is an organization, Sunset June 30th. They have continued to provide some funding for this program and we are currently in between 50-60 mentor pairings in grades 4th through 8th. This is a really positive way to support our kids.

➤ **HR** - Mikaela Powers presented

- It is important for the team to share with them what staff are saying when they need staff wellness. We as educators and working for the school district tend to just think of the kids and it's important and it's important to think of ourselves as well.
- Shared a brainstorm document with Mandy and Alex for us to decide how to move forward with a way to collect some of those ideas. Then at the next meeting or the following decide how HR and the district office can support staff wellness through their ideas.

➤ **Brooklyn** - Anna Seidenstricker

- BKE has started the year with pretty significant illnesses, which has been taking kids out from a week of school. So, they have been teaching some of those basic hygiene practices such as washing hands. They have been promoting healthy kids and healthy staff at school.
- Last spring applied for a DPI grant and they are in the first stage. They completed in September an assessment or survey of where they currently are. The next step is to set goals around the assessment. They are thinking that their goals are going to be centered around their garden because it has deteriorated. They did have a PTO staff collaboration this summer for a couple of days to try to work on cleaning it up. They want to lean into community partnerships to bring that back. They want to think about how they can reinvigorate that space in a manageable way that they can maintain and keep it sustained. .
- Just completed SEL surveys and will be leaning into that data in the next few weeks to think about what plans they can put into place to

support the students and their mental well-being at school. As well as their staff and their mental well-being.

- Currently in their swimming unit, which is a student favorite. They have been going to the pool through October to learn some of those important water safety skills.
- **Forest Edge** - Kerri Modjeski and Molly Dall'Osto presented
 - Grant for about \$1,000 that will fund ballistic kits for all of their classrooms. It's a motor skill of patterning ball passing to beat and rhythm that regulates a classroom. They will have one kit for each grade level, special ed, and rotations.
 - Getting outside. They have seen a lot of students outside, whether it's them bridging their work outside and working in the garden spaces. They have been trying vegetables. A sixth grade teacher rented two bikes from Reap Food Group that has a blender system on the back of the bike. So, the sixth grade students made salsa from the garden on these bikes.
 - They have been working to build up their walking path on the playground. The students have been using their imagination and playing creatively on this path.
 - Staff wellness: they feel well fed. When you feel good, you can act in your best way and show up for the kids and families. The staff meals have been wonderful, PTO and office staff have fed them during conferences, and their sunshine committee took around a Woot Woot Wagon that is filled with nutritious snacks.
 - Last year they did a monthly wellness tip.
- **Netherwood Knoll** - No one present. No follow up notes given.
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- **Oregon High School** - Alex Marks presented
 - Update from Maggie Z
 - Students in Health and Child Care Teacher classes are learning CPR
 - We held a Club Fair and both Student Wellness Club (Upcoming events- Nov: Veterans Mental Health Fundraiser, Feb: Nursing Home Volunteering, May: Environmental Clean-up) and Hope Club (Youth Suicide Prevention) recruited more members and are planning their events.
 - Juanita Weinert and Amy Miller will be visiting an upcoming staff meeting to support OHS' Positive Norming Student Group to present information about important AODA prevention education
 - I met with Eileen Hare from DPI about the Healthy Schools Academy grant. OHS will start working on step 1 soon.

- Cellphones are successfully off and away during classes. Many students are reporting that this was a good move! More human connection
- OHS staff are participating in circles this year to model restorative practices
- Ms. B hosted our Blood Drive, which results in a \$500 scholarship every year for a HOSA student who wants to enter the medical field.



➤ **Oregon Middle School - Heidi Walter**

- Just wrapped up SEL survey, will use that data to focus on increasing student learning
- Staff wellness walk every Friday. Coordinated by staff and gives them a chance to connect outside
- Grant given to them for a Courage Retreat for 7th graders in December. Focus on developing healthy relationships with each other. A goal is to increase kindness and connection amongst students

➤ **Prairie View** - Dawn Goltz

- Movement room up and running again. In its second year. Provides tools for students to get up and moving
- Zen Den staffed by Student Services from 8:20 to 8:50am and 11:45am to 1pm. Based on data from where behavior referrals have historically taken place. Hopes to be proactive and prevent issues
- Working to winterize the school garden. 4th grade student leadership team that consists of 3 committees and 1 is the Green and Healthy team. Works with Sohpi Guilfoose (school psych) who leads the committee
- Worked last year on sprucing up green spaces in between classrooms to allow students to take breaks there
- Want to improve the PVE garden, maybe add a border, weed it
- Community Crew partnered with OHS for High School Homecoming Food Drive. Created posters and made announcements. Collected about 7 boxes of food and brought to OHS
- Looking at SEL data as it comes in, will look at panorama during Oct PD. Have a team look at how to tackle sense of belonging among students
- Staff restorative circles and pot luck coming up

➤ **Rome Corners** - Nicole Aaberg

- Working to get outside with students. 6th graders going to Bethel Horizons. Other students have been going outside to look at the prairie area for science.
- Looking to improve garden beds
- Sunshine committee looking to promote staff happiness throughout building

➤ **School Nurse Update** - Shannon Anderson presented

- We are planning our vision/ hearing screening for students k-4 starting next week. This is very helpful because it identifies kids that might not be on our radar for needing support in those areas.
- We continue to offer influenza A/B and covid testing in our health offices. There is a deadline in late October where we have to report all of our immunization compliance records.
- We are currently updating our immunization compliancy reports and continue to inform parents about the new Meningococcal vaccine requirements that went into effect last year
- We continue to train staff on emergency health needs throughout the buildings.

- Some of the trends we have seen in our health offices include hand, foot and mouth disease, lice, and upper respiratory infections but are not seeing flu or covid yet. They have seen bee stings, your typical recess and gym injuries. Mental health concerns that come to the health office presenting as physical. This creates collaboration between our health office staff and our student services team to work together in those areas.

➤ **High School Student Wellness Committee** - Laila Miles, Avery Lindhardt

- Beginning of year, so things are just starting
- Club fair was a success
- A lot of students have started to get sick. Noticing it starting to pick up in volume
- Mental Health Screening filled out in Connections class
- Veterans fundraisers starts in November

➤ **Pool** - Nick Russell

- Over 1,600 people come to use the pool on average
- Swim club has over 100 swimmers that come each day, Water Exercise can see 50-60 people per day (usually seniors).
- Vending machine with healthy snacks for patrons
- Masters swimming is new in the mornings. 12 people signed up. Swim work out for adults that can lead to meets as well.
- 2026 will have lifeguard olympics for staff. 30 minute paid swim per week encourages fitness and can gain extra points
- PE classes come each year for swimming
- New session of lessons begin in November
- Community CPR classes now offered. No longer just OSD staff
- Just stocked all 4K facilities with AED's

❖ 5:45 - 6:00pm - Goals

- What is a wellness goal that each school would like to achieve?
- BKE has a goal of cleaning up the garden to make it "livable"
 - OMS has a goal of being kind through student interactions, both in person and online
 - PVE working on sense of belonging for both students and staff. Make a survey or something like that for staff to find out what they may need to feel like they belong.

❖ 6:00pm - **Adjourned**