



OSD Wellness Committee Meeting

Oregon School District Wellness Committee Agenda

April 22, 2026

5:00 - 6:00pm via Google Meet

Present: Julia Bavery, Amanda Bienlein, Molly Dall'Osto, Lindsay Eimerman, Dawn Goltz, Zachary Hanley, Laila Miles, Andrew Weiland

❖ 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 is the updated Wellness Policy Report Card for February 2026. The previous report card was done back in 2020. Overall, the district went up across the board, but there is still room to grow and improve! This is posted for all to see on the OSD website.
 - *a mandatory, once-every-three-years evaluation for school districts participating in federal child nutrition programs to measure compliance with their Local Wellness Policy (LWP).*
- The [WellSAT Scorecard](#) is another tool we used to help evaluate the district and create our report card. This score went down noticeably, but OSD is in the process of updating curriculum surrounding health and wellness.

➤ **Active School/Community Opportunities**

- Indoor pickleball and walking have had a very successful winter and will be wrapping up soon. Transitioning everything outdoors.
- The Village is holding Kids Fest at Jaycee Park on Saturday, April 25th, from 10am until noon.
 - New event focused on play, discovery and community connection. Free to attend!
- PTO Community Fun Run 2026 (5K): May 16th at 9am Rome Corners Intermediate

❖ 5:15 - 5:20pm - **Oregon Food Pantry Update** - Julie Krzystog

- Increased hours per distribution in 2026, along with adding 2 more distributions. We are now open for guests every Tuesday and Thursday; also the 1st Saturday of each month.

- In 2026, we are seeing an average of 205 households per month, totaling over 950 people per month. Families are welcome to come each week, if needed.
- We continue to welcome new families to the pantry. January through April 19th, we have had 41 new families. We attribute this to the Food Share program having more qualifications.

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

- **Student Support Services-** Shannon Anderson NOT PRESENT
 - No update
- **HR - *Julia Bavery**
 - Been short staffed, so have not been able to accomplish what they would have liked to in the past 6 months
 - Looking forward to hearing from staff regarding what they would like to see
- **Brooklyn - *Anna Seidenstricker**
 - Trying to revitalize the garden in a sustainable way and received some grant funds
 - Melissa Staskal has been attending some DPI meetings to collaborate on ideas as a part of that grant
 - New metal beds in the fall
 - Working on figuring out best way to keep up maintenance
 - Upcoming planting day to get kids involved in the garden
 - Dani Valentine is running a gardening class through CE & Rec
 - Field Day coming up at the end of the year
 - Focusing on getting kids outside and moving with better weather
- **Forest Edge - Molly Dall'Osto**
 - Staff working on continued sense of belonging with community circles and collaboration
 - Focusing on the elevate kids and how to lift them up
 - Older kids helping to teach younger kids about composting, recycling, and planting through nature clubs, classrooms working together and Green Team
 - 6th graders working with 1st graders to create a story walk around the walking path
 - Building bird feeders and putting them outside
- **Netherwood Knoll - Lindsay Eimerman**

- Starting the arboretum clean up. Kids helping with rakes, brooms. Working on creating a safe area for chickens. Will have kids help take care of them and if eggs are laid, kids get to take them home
- Seedlings in the hoophouse
- Earth Day celebration involved getting kids outdoors for 30 mins and working on bird houses, cleaning up trash, etc
- Mr. Tom working with an elevate kid to help get a step challenge done daily
- Whole staff meditation once a week. Helping to get staff spirits up
- **Oregon High School** - Maggie Zywicki NOT PRESENT
 - No update
- **Oregon Middle School** - *Heidi Walter NOT PRESENT
 - No update
- **Prairie View** - *Dawn Goltz
 - 4th grade student leadership team with three different parts to the team. One part is the Green and Healthy Team. They set up a compost system over the lunch hour that kids contribute to and that compost goes to the garden
 - Green Team going to school forest on May 1st using a transportation grant that the leader was able to secure. Looking at the endangered Savannah Oak and how to preserve it
 - Planting in the garden
 - Community Crew is showing appreciation for crossing guards, bus drivers and raising money for Ronald McDonald House through posters, announcements, etc
 - Zen Den and Movement Room are being utilized
 - Nature Club working with School Naturalist Megan Konopacki
- **Rome Corners** - Cyndi Olander
 - RCI continues to prioritize student wellness through a comprehensive approach that supports both physical and social-emotional well-being.
 - Staff intentionally foster connections with students, emphasizing mindfulness and equipping them with strategies to manage stress and navigate challenging situations. This is done daily in our Connections class.
 - To elevate student voice, a Student Leadership group has been established, providing meaningful feedback to help create a more inclusive school environment which supports students physical and social-emotional health

- The school also maintains a strong focus on healthy habits. Efforts to reinforce the wellness food policy are ongoing, while Health classes promote nutrition and long-term healthy behaviors.
- Physical Education classes have expanded offerings—such as pickleball and yoga—to increase engagement and encourage lifelong fitness. Classrooms further support wellness by incorporating movement throughout the day to meet students' needs and enhance focus.
- RCI also recognizes the importance of digital well-being. STEAM courses include instruction on internet safety, helping students develop the knowledge and skills needed to stay safe online, contributing to their overall wellness.

➤ **School Nurse Update - Katie Smith**

- Performing repeat hearing screens with students that referred their initial screening and then referring them to their PCP for further evaluation as needed
- Human growth and development and hygiene lessons with the 4th grade students
- 504 and IEP meetings
- We've seen a decrease in flu and covid infections
- This spring we are updating immunization records and preparing for the summer semester
- Emergency medication training with staff for field trips
- Bridging Brighter smiles clinic visits
- Becky and I are working on a project to improve communication with families about health office policies and return to school guidelines, more to come on this!

➤ **High School Student Wellness Committee - Laila Miles**

- Working on getting a vending machine installed with the help of Amy Miller and Mandy. Will be able to provide snacks in the morning and have it open after school for sports and events as well. Will have nutritious snacks available and will be working on a grant.

➤ **Pool - Zach Hanley**

- After school groups (ASC and Spark) use the pool quite a bit
- Masters Swim program available in the mornings two days a week. 40 adults have participated so far
- Water exercise on Mon, Wed, Fri afternoons with 40 dedicated community members. Also takes place on Tue and Thur nights.

- Swim lessons during the week nights. Most lessons ever offered and well staffed (20 swim teachers)
- Lifeguard olympics are being offered monthly. Teams work together by working shifts, taking training, tracking steps, paid swims
- Healthy snacks in the vending machine

❖ 5:45 - 6:00pm - Summer Wellness Goals

- What is a wellness goal that you are excited to achieve this summer?
 - Eat more local, fresh fruit and veggies
 - Play some more pickleball
 - Planting veggies
 - Getting new chickens for a personal farm

❖ 6:00pm - **Adjourned**