

District Wellness Council Minutes - 4.21.09

Introductions – Patty Parsons (Benton County Health Department), Carol Walsh (Registered Dietitian), Gail Gerdemann (OSU), Anne Schuster (School Board, Corvallis Sustainability Coalition), Lynn McCurdy (Mountain View Elementary), Gigi Sims (Hoover & Cheldelin, Safe Routes To School), Greg Alpert (LPMS), Jen Brown (Corvallis Environmental Center), Dawn Tarzian (Superintendent Corvallis School District), Sharon Gibson (CSD Food Service), Katrina Engberg (SRTS Intern), Anne Schultz, Sue Aldine (Adams Elementary) , Beth Martin (Jefferson Elementary), Katie Summerlin

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Announcements/Reports - All

- Welcome Sue Aldine as new Adams Elementary school wellness rep
- Jen Brown looking for places/schools to hold tasting tables. See this month's written announcements regarding tasting table "how to's"

Superintendent Dawn Tarzian -

The Wellness Committee was honored by the presence of Dawn Tarzian, Corvallis School District Superintendent. The Committee was excited to have her attend so members could share what was working and issues for her input.

Topics discussed included:

- garnering administrative support from buildings
- encouraging parent participation in classroom and building wellness efforts in order to better establish the link between school and home
- encouraging wellness efforts through parent organizations
- communicating positive changes with parents and staff (for example, use of local produce by foodservice department as able...supporting local farmers despite potentially increased costs)
- establishing links with staff, perhaps through short visits to staff meetings
- establishing links with parents through family involvement
- facility needs: covered bike racks, trail upkeep

Opportunities for Wellness at Fall School Events – Patty Parsons

It is not too soon to begin planning for fall activities. School health teams can coordinate with parents and staff who are working on fall events. A handout with ideas will be available at the May meeting. Many ideas are already available as resources on the district website "Health & Wellness" area

- Parent handouts listing healthy classroom snacks
- Suggestions about non-food rewards and fund raisers
- New member recruitment
- Individual school Wellness Team contact information

- Attend first of year staff & PTO meetings
- Monthly staff Wellness information emails
- Monthly student birthday celebrations – save money and instructional time
- Recruit and instruct Principals and Teachers regarding Wellness activities
- Keep teacher information concise. Small chunks or lists to raise Wellness awareness

Fall Contact Opportunities:

- Student Registration
- First School Newsletter – August or September
- School listserv

Action Plans for next meeting

- Revised handouts to be reviewed (including healthy snacks, school celebrations through the year)
- Establish district-wide Wellness Logo
- Provide additional Fundraiser Ideas for Schools – then follow up with PTO's and school/athletic groups to determine fundraising
- Provide sample letters for parent recruitment

Next meeting: Tuesday May 19, 2009 at LPMS, 3:30 – 5:15 p.m.