

District Wellness Council Minutes - 2.17.09

Introductions – Lauren (OSU student), Sarah (OSU student), Lauren (OSU student), Melissa Harder (CVHS), Kara (CVHS student), Ann Schuster (School Board, Corvallis Sustainability Coalition) Lynn McCurdy (Mountain View Elementary), Sharon Gibson (School Foodservice Director), Amanda Greene (Dietetic Intern), Erica Johnson (Dietetic Intern), Joe Whinnery (City of Corvallis), Colleen Llewellyn (Adams Elementary), Carol Walsh (Registered Dietitian), Patty Parsons (Benton County Health Department), Donna Keim (CHS), Kelly Volkmann (Garfield Elementary)

Announcements/Reports - All

Please see written announcements attached. For future meetings, please submit program announcements as written email message to Carol Walsh prior to meeting (she will send a reminder note with agenda requesting these) for distribution at meeting.

Other announcements/discussion (combined from beginning and end of meeting):

- Sara Gelser has put forth a bill regarding snack products. Also, there is a newspaper article regarding teachers that wanted pop available to them in the staff rooms – maybe came from Hillsboro? Should there be clarification in the Wellness Policy regarding snacks and pop for staff?
- Lynn McCurdy – Mt. View – PE teachers and other staff are interested in the Wellness Council. Staff are circulating the School Health Index for completion. Staff have started a jump roping club. PTO hosted a Wellness night – had about 70 parents with positive feedback. Lynn provided comments about Valentine’s parties and their negative effect on lunch participation.
- Sharon Gibson – March 2 thru 6 is National Free Breakfast Week. We are working hard to promote the importance of eating breakfast and build participation in the Breakfast program. There will be daily specials to encourage parents to eat with their student.
- PTA's are now planning school carnivals – consider how you can encourage healthy school environment in the planning process. Patty Parsons will be attending the all school PTA meeting to bring this up. You pass along the link for the Healthy Celebrations handout from the district website
(http://www.csd509j.net/district_information/departments_and_services/wellness/docs/healthy_celebrations.pdf)

School “Snapshot” Activity

Melissa Harder – Today’s School Snapshot activity provides an opportunity for each school to describe and share its basic features (template attached with minutes). Schools are then asked to identify, and commit to, one or two wellness activities that would best fit during the rest of this school year.

Potential activities to promote: Spring For Kids Run/Walk (March 14, contact school principal as this activity raises funds for Corvallis Public Schools Foundation), TV Turnoff Week (April 20-26, contact school principal to find out what teachers are planning), National School Breakfast Week (March 2-6,

contact Sharon Gibson for free breakfast day promotion), Walk/Bike to School events (contact Gigi Sims), Pick of the Month local food tasting (contact Jen Brown, Corvallis Environmental Center for ideas and assistance; check out local picks link <http://localpick.webng.com/archive.html>)

Workgroup Reports

Elementary –Schools represented this month (Garfield, Mountain View) appreciated assistance from Colleen Llewellyn (Adams). Their goal for end of March is to have had a school wellness team meeting.

High – Both high schools will hold a meeting with adult and student representation from the various groups and classes with school wellness interests, to include: leadership, student government, environmental science-type classes, foods/nutrition classes, health occupations classes, business classes/student store, art/design classes and site council. After a presentation of the wellness policy, groups will be asked to consider their role in establishing a healthy school environment, along with ways to sustain efforts over time.

Next Meeting: March 17, 2009 at LPMS, 3:30 – 5:15 p.m.

Steering committee meeting: Feb. 24, 2009 at District Office 1:30 – 2:30 p.m.