

District Wellness Council Minutes - 1.13.09

Introductions – Carol Walsh, Gigi Sims, Julie O'Neil, Patty Parsons, Jen Meyers, Jen Brown, Beth Martin, Becca Sundseth, Meghan Senso, Donna Keim, Melissa Harder, Ann Schuster, Gail Gerdemann, Beth Martin, Andrea Piccninin, Joe Whinnery, Katie Summerlin, Colleen Llewellyn

Announcements/Reports - All

School Board report – Carol Walsh – Carol announced that minutes from the Dec 8 School Board meeting can be found on the district website. At that meeting, Carol and Gigi Sims provided a two year report about the District Wellness Council's efforts to meet and promoted the board's Wellness Policy. The Board was very complimentary for the work being done in the schools to promote a healthy school environment.

Report: OSU Study - Meghan Senso, OSU Exercise Science graduate student provided an update on results from the Early Morning Care Program held at Hoover and Adams schools. The goal of this project (that met the requirements of her M.S. degree) was to develop a model program that could be provided by school personnel and sustained over time. A booklet of activities is available for use at any school, along with suggestions for program success. Meghan was able to show that for the children that she studied, the before school activity did increase their minutes of physical activity on days program days. She also observed that the before school activity did not contribute to "off task behavior" in the first 60 minutes of the school day.

Farm to School – Jen Brown (Corvallis Environmental Center)

Just finished 3rd tasting table at Lincoln. good interest with the students. receiving good press on the tasting tables, too. Students from CVHS are planning to provide local produce tasting at their school. Jen is also working with SEPS science kits to include local agricultural products. Lincoln teachers will pilot these options before going district wide. A survey for Corvallis teachers is still in the works, with the goal to gather information about current activities related to school gardens and similar content.

Report: Safe Routes to School (SRTS) - Gigi Sims

Gigi reports having completed the first quarterly report required for the SRTS grant. She is in the process of establishing a SRTS team to continue the process.

Joe Whinnery announce approval of 3 new crosswalk placements. These are placed to safely encourage more people walking and biking. He continues to look for ways to encourage students to ride buses versus driving and to increase walking/biking to school.

**Report: Process for changing Board Policy Administrative Rules (AR's) and discussion -
Melissa Harder/Patty Parsons**

Requests to update/change the Administrative Rules that accompany our District Wellness Policy should be submitted prior at least one month prior to the month that the board would consider the requests. Melissa highly recommends Kerry Richey as the district resource person to review revisions before submission.

The District Wellness Council steering committee invited input regarding areas for update, to include: nutrition standards for foods sold outside the school meals program (our policy should match state law that took effect in 2008), recommended minimum hours of physical activity, include language referring to Coordinated School Health, inclusion of staff wellness recommendations, clarifying recommendations on celebrations, rewards and fundraising.

Please direct any suggestions to Patty Parsons.

Additional Discussion: A question was raised about school lunches and nutritional values. It was shared that the District Food Service department must meet state and federal guidelines. Food Services has also been working hard at changing the ingredients in many of the commonly liked foods by students through adding more nutritionally beneficial ingredients such as ground spinach in pizza and spaghetti sauces. The students don't know the difference, yet it still looks and tastes like the foods they love. The Food Service website has also been redone to offer more information and web links on nutrition and healthy eating and living. Ann Schuster suggested that Food Services see about putting a picture and link of Catering or other focal points on the initial School District website at the top where the "Welcome" is located to bring more attention to the positive changes the Food Service Department has been making.

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