

## **District Wellness Council Minutes - 3.17.09**

**Introductions** – Patty Parsons (Benton County Health Department), Mardi Henke (District Nurse, Wilson), Angela Edwards (District Nurse), Carol Walsh (Registered Dietitian), Gail Gerdemann (OSU), Anne Schuster (School Board, Corvallis Sustainability Coalition), Lynn McCurdy (Mountain View Elementary), Melissa Harder (CVHS), Stewart Wershow (Garfield Elementary) [wershos@peak.org](mailto:wershos@peak.org), Joe Whinnery (City of Corvallis) [joe.whinnery@ci.corvallis.or.us](mailto:joe.whinnery@ci.corvallis.or.us), Gigi Sims (Hoover & Cheldelin, Safe Routes To School), Colleen Llewelyn (Adams), Andrea Piccinin (Hoover), Sara Lipow (Adams Elementary) [saralipow@gmail.com](mailto:saralipow@gmail.com), Greg Alpert (LPMS)

### **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.
- Additional announcements: Hoover's third Walk Bike 2 School event had good participation. City of Corvallis provided aerial maps of the schools and their neighborhoods. Students identified their houses with arrows on the map, which helped to identify clusters of homes with school age kids. This is considered a good way to develop more Walk Bike 2 School pathways.
- Garfield was pleased with a book exchange.
- Stewart Wershow said that he was willing to take anything wellness-related to the city newsletter for announcements. Please submit items to him for submission.
- Reminder: Turn Off Week is April 20-26 (<http://www.tvturnoff.org>)
- Anne Schuster is looking for people to volunteer time at daVinci Days demonstration area. The Corvallis Sustainability Coalition wants to showcase booths that are interactive, to show wellness and sustainability models.
- Anne Schuster – Superintendent Dawn Tarzian will attend next month's Wellness Council meeting. If there is anything that you want to share with her about wellness needs, send your questions to the steering committee.

### **School Wellness Calendar – Melissa Harder & Carol Walsh**

Gigi Sims hung up large calendars to identify known scheduled events for the remainder of the school year. Members in attendance had been asked to bring their school and organization event and activity dates to add to the calendars. The calendars are intended for use by school wellness teams to strategize for upcoming activities and to create avenues for networking. Upcoming activities for current school year (with potential wellness connections) include teacher conference meals, monthly WalkBike2School days, Free Breakfast days, carnivals and field days. \

A calendar with submissions from this meeting will be distributed at a later date. Schools and organizations not represented are encouraged to provide known school/family activities for inclusion on the calendar.

The calendar activity generated additional discussion about

- ways to share the calendar info and ideas, including meetings and electronic means
- the need for a "home" for wellness activities, which may vary depending on grade levels at the school. Most likely location would be within the school's parent/teacher organization

- the need to “pass the torch” when a wellness council member moves from one school to another
- the need to communicate with others regarding the value of a healthy school environment and to maintain.

### **District Sustainability Discussion – Anne Schuster**

The school district’s sustainability steering committee is in the process of forming a list of questions/ideas to generate discussion of “what would a sustainable school district look like” if we felt we were doing our best with regards to Food and Wellness. As a representative of this group, Anne Schuster led a lively submission of questions/suggestions that she will take forth to the sustainability group. It was clear from the discussion that wellness and sustainability have close ties. Examples included:

- Fewer cars driving to school (more support of walk/bike to school, covered bike racks, etc)
- Less “swag” used for motivation/encouragement
- Increased use of local, healthy foods
- Consideration of packaging
- Consideration of fundraising

Feel free to address any concerns/questions you might have to Anne Schuster.

Next meeting: Tuesday April 21