

District Wellness Council Minutes - 5.19.09

Introductions – Patty Parsons (Benton County Health Department), Carol Walsh (Registered Dietitian, Corvallis Clinic), Anne Schuster (School Board, Corvallis Sustainability Coalition), Gigi Sims (parent, Hoover & Cheldelin, Safe Routes To School), Jen Brown (Corvallis Environmental Center), Sharon Gibson (CSD Food Service), Katrina Engberg (SRTS Intern), Katie Summerlin (parent Lincoln), Colleen Llewellyn (parent Adams), Andrea Piccinin (parent, Hoover), Kelly Volkmann (parent, Garfield), Melissa Harder (asst. principal, CVHS)

Announcements/Reports - All

Patty Parsons –

- an intern recently developed “Summer Activity Passport for Benton County” and multiple copies are available for distribution to any group of kids (primarily targeted towards elementary school ages). This project is sponsored by the Benton County Healthy Department, the Corvallis-Benton County Library and the City of Corvallis Parks & Recreation. Grand prize: Osborn Aquatic Center swim pass including 15 entries for the family. Contact Patty for copies for your school or organization.
- Lincoln, Benton, Linn counties Childhood Obesity summit will be held on June 5th. Superintendent Dawn Tarzian

Gigi Simms –

- Cheldelin completed last Wellness Booster for the school year. Program will be continued next year. Student advisory group has been established.
- Safe Routes to Schools - Gigi would like to have it written into the wellness policy. She passed out tabs to put in notebooks for Safe Routes to Schools. There are lots of good biking and pedestrian activities happening. They have been at school carnivals handing out flashers and talking about bike and pedestrian safety. Katrina (intern) is bi-lingual and was able to talk to all people about safety.

Sharon Gibson –

- We have applied for fruit and veggie grants for Lincoln, Garfield, and Wilson, which will provide produce free to these kids between meals. We need help to hand them out and are asking these school health teams/PTOs to assist in finding volunteer parents.
- Lincoln, Garfield and Wilson are also summer meal sites. We currently have 11 sites, this summer. We will be advertising these sites to let people know they are available. This is a federally funded program. We will feed about 700 meals per day.

Jen Brown –

- We just had a Farm 2 School Board meeting. The tasting table program for local, seasonal foods at Lincoln has been very successful.
- We provide educational information to teachers ahead of time.
- Pick of the Month meeting tomorrow will choose picks for rest of 09 & 10.
- We have been working with Sharon and foodservice staff to develop more local food sources.
- We are also working on curriculum for science kits that have a food component.
- We have been taking kids on field trips as part of the unit. Brooklane Orchards and Gathering Together Farm were the sites we chose this year.

Anne Schuster –

- Suggestions provided at March meeting by Wellness Council have been incorporated into Sustainability report.
- Ideas for Da Vinci Days (3rd weekend in July) green town booths include Farm to School and environmental issues. Contact Anne if you would like to volunteer to assist.

Colleen Llewellyn –

- Adams school path was okayed and parent work parties have been laying out the donated bark.
- The Linus Pauling Institute will be doing a study at Adams on the running program.

Melissa Harder –

- Two CVHS teachers have opened the gym during lunch and are supervising lunch period activity for students. This has provided an outlet for activity and has contributed to positive relationships between kids and the teachers.

Lynn McCurdy –

- Mt. View students are now eating and enjoying jicama!. They are loving it.
- She gave a wellness presentation at the last staff meeting and was applauded by staff.
- Using curriculum information provided by Sharon Gibson, she has been providing nutrition presentation to classes and will have talked to every class by end of school.

Review/Celebrate Annual Progress – Melissa Harder

- Thanks to all who have worked for school wellness and survived the transition from “brownie police” to something much bigger.
- Please stay/get involved for the next school year to maintain momentum towards healthy school environments.

New Wellness Resources – Carol Walsh

- Be on the look-out for new wellness materials for schools that are simplified, providing efficient links to effective “how to” resources, including our local success stories.

Action Plans for next meeting

Ideas/Suggestions

- Focus on fall activities; incorporate wellness, get new school year off to a good start.
- Meet with principal and staff before school begins
- Meet with parent group regarding new parent and new student welcoming activities
- Include tasting tables
- Include Walk & Bike to School activities
- Meet/talk/email with other school wellness representatives through the summer for support and ideas
- Provide feedback, suggestions to Wellness Council Steering Committee

Next meeting: TBA September 2009