

Corvallis School District Wellness Council
Meeting Minutes

November 1, 2007

3:30 – 5:15 p.m.

Linus Pauling Middle School Library

Present:

James Wickman, Greg Alpert, Carole Rodriguez, Tatiana Dierwechter, Sharon Gibson, Joe Whinnery, Carol Walsh, Patty Parsons, Melissa Harder, Gail Gerdemann, Tracy Noel, Cathy Wright, Donna Keim, Stewart Trost, Chezzie Valentine, Mary Ann Sward, Kathy McCarthy, Linda Fischer

- Attendees Welcomed
- Minutes from October meeting reviewed and accepted
- Vision Statement – attendees are asked to comment on the following:

Who We Are: We are a group of concerned parents and professionals committed to fostering the health and well-being of all school-aged children enrolled in the Corvallis School District. We believe that our children's health status and health habits affect their capacity to learn and achieve academic and personal success now and in the future. Because we recognize that our schools play a central role in promoting the health of our children and the community as a whole, we support implementation of the school wellness policy.

Our Vision: Our families and community will value and support the central role that schools play in promoting our children's health. To that end, student and staff wellness shall be promoted through the district's educational and meal programs and activities.

- Action Plan for 2007/08 school year is described by council co-chair, Carol Walsh. This was determined by the steering committee after reviewing brainstorming efforts from October meeting.
 1. Establish School Health Teams at each school to assist building principals in meeting the district wellness policy
 - a. Gather representation from administration, staff (including foodservice and physical education) parents and students (especially at HS level)
 - b. Administer School Health Index (at least modules 1,3,4) to identify strengths and weaknesses
 - c. Develop SMART objectives based on determined priorities
 2. Initiate "Great Start" campaign
 - a. Establish standards for healthy breakfast
 - b. Increase participation in school breakfast program
 - c. Increase number of students who regularly walk or bike to school
 3. Support health education curriculum development and implementation
 4. Evaluate program and policy efforts; report to school board
- Attendees broke into two work groups. One group (of school building representatives) met to establish objectives related to developing wellness teams at each school and administering the School Health Index. The other group met to establish objectives for a "Great Start" campaign.
- The two work groups joined together and reported on progress in establishing objectives.
 - The steering committee will meet to write Great Start suggestions as SMART objectives
 - The school representatives will work towards the following objectives:
 - To complete School Index (Environmental, Nutrition and Physical Activity) by all school building teams by January 7, 2008.

- To complete written work plans by all school building teams by March 4, 2008
- Each school will prioritize projects and plan for 2008-09 implementation
- Each school team will complete a minimum of one activity by the end of school year.

Next Meeting: January 10, 2008. Linus Pauling Middle School Library, 3:30 – 5:15 pm