

Wellness Committee Meeting 10.28.2008

Welcome – Introductions,

Melissa Harder, Patty Parsons, Karen Swanner, Kelly Volkmann, Beka Bylund, Katie Summerland, Mardi Henke, Jen Brown, Joe Whinnery, Gail Gerdemann, Anne Schuster, Carol Walsh, Aria Minu-Sepehr, Lynn McCurdy, Sharon Gibson, Gigi Sims

Review Corvallis Wellness Council Objective 2007-08

Reports:

- **Wellness Council webpage** - Carol Walsh – District website is a work in progress. A link between Food Service and Wellness page. Description of who we are and what we are doing. Vision is listed, as well. Need to remove James name and put on Melissa Harder and Gigi Sims. Carol is working with Bryan Markley. Add more of our community representatives.

Links to various newsletters and other sites for education and information are on the site. A healthy snack calculator is available. Lots of other resources are available from the site.

Left-hand side lists more information. Many other things will be listed to help keep information available, including minutes, agenda's, etc.

- **Farm to School** - Jen Brown (Environment Center) – 2 handouts - Service Learning programs

The next Farm to School meeting is set for November 4, from 8:30 to 10am at the First Alternative Co-op. They got an initial grant to do a pilot program at Lincoln. They hope to see where it goes across the district. Jen has been setting up tasting tables of fresh fruits and vegetables with local farmers, to expose the students to local farm produce. Mike Hessel from Red Hat Farms brought melons to Lincoln Elementary and every student in the school got a chance to try new fruits. Next time will be Brooklane Orchards, who will bring a variety of apples as part of the November Pick of the Month. Jen hands out information to teachers beforehand and then does a follow-up after the event. The purpose is to really get students to see how much is grown locally and be more aware of what is available. Also, to learn more information about fruits and veggies.

Currently, they are developing theme-based bins for teachers to do educational themes. Also have bins available for hallway display cases.

Field trips to local farms, are also being worked on as upcoming field trips.

Ag in the Classroom, Chefs in the Classroom, she is pulling from all kinds of resources in the development of the program.

Jen's phone number is 510-219-6441 and her email is jen@corvallisenvironmentalcenter.org

She says that she is a great emailer!

- **Girls on the Run** - Girls on the Run (Karen Swanner) – Health and wellness program, self esteem, and much more. Grades 3 – 5. Training for a 5K. 1st 4 weeks is all about her

– the girl. The goal is to complete the 5K. Piloted at Lincoln, had 22 girls. Currently, at 3 schools and have 66 girls. Each 4-week section focuses on a different set of goals/focus areas. Have scholarships. New Balance donates shoes. Collectively move and learn. It's about healthy choices and understanding who they are. To have a stronger sense of who they are by the time they reach middle school. Exciting program.

How often is it held? 10 – 10 wk sessions. Twice a week. Actually a 12 week session. Fall, Spring and summer.

What about boys? Molly only works with girls. Working on developing a program for boys in the future.

Is it a different set of girls for each session – fall, spring, summer? Girls can repeat and there are two different curriculums. Girls on the Run and Girls on Track.

Hopefully, this program will be getting into all the schools – are you talking to the principals? Karen has met with every principal. All the principals have given her the go-ahead. She has to organize enough volunteers. Even said they would displace people to have the program in their school.

Karen needs contacts at the individual schools to help recruit girls, know the building.

December 7 is the Beaver Fun Run. Start and stop on the football stadium.

Eat and Run this coming Saturday. Can register online for both of them.

- **Safe Routes to School** – Gigi Sims, gigi.sims@corvallis.k12.or.us, has been assigned the Safe Routes to School (SRTS) Grant Coordinator position for the Corvallis School District. She began her work on activities related to the grant in October. The first activity was Walk + Bike to School Day. She reported great participation (i.e. 75% students participated at Hoover). The grant was written for 5 elementary schools (Adams, Hoover, Garfield, Jefferson, Lincoln). Planning to include other 509J schools in next grant cycle. SRTS is included in District Wellness Policy, but needs to be revisited (with Joe Whinnery) for possible revisions (i.e. more detail). SRTS SMART objectives/action plans are written and available upon request. Other grant activity includes evaluation (scheduled for Nov and May), pedestrian and bike safety education, and enforcement (i.e. increased police presence/patrol at schools during peak student commute time). Currently, lots of communication and collaboration going on. She will keep DWC updated.
- **Morning Physical Activity** – Stewart Trost – was not present.
- **Adams Running Program** - Colleen Llewellyn – Adams implemented a recess running program. 1/5 mile track that the kids run. She is amazed that the program is growing. Last week the mayor walked with them. Really exciting. 2 are going to start training with the middle school track team. It's a safe option, especially for kids that continue to have

problems in school. They have one child that has completed 30 miles! The program has been really terrific for Adams students. 20 minute recess time. The students get a card. People punch a hole for each lap. Were doing it 2 days a week, now doing it 3 days a week. After they finish a card, they get a gift – keychain donated by Samaritan Services. Then they get a bead the color of their card and the bead is attached to the keychain. Different color cards for different levels/mileage. Just the morning recess. Would like to get with Dana Strowbridge and write a grant for the entire district.

Break-outs

School Site Team Leads - tabled for next time

Update Wellness Council Objectives

Action items:

Correction to Corvallis Wellness Council member list - Patty will send an updated list.

Proposed Policy Revisions—prepare for discussion next month – handout has yellow highlights which is the language from the house bills. Homework – look at the wellness policy and see what changes you want. Meeting middle school levels, but not elementary. Not meeting staff development, too. Go deeper on some of the programs. Especially PE minutes needs some revisions and padding. Come up with a plan for improvement and also the positive things that are currently helping. Patty will email for enlistment for a small group to work on this program.

Email to Patty Accomplishments by Nov. 17th for Board Report

PE handouts were given.

SMART Objectives – the extra page sent out via email is the top page for the objectives. Think about what kind of wellness objectives for teachers and staff.

Sharon Gibson – offering Free Breakfast on a monthly basis in the Elementary Schools. Struggle to get more participation in elementary schools.

Anne Schuster – compostable serving ware for meetings, classroom parties, etc. (Ecnotech? is a local company) If you want more information, contact Anne.

Colleen and Gigi are willing to work with you to set up your wellness site and notebooks. They are also willing to answer any questions.