

Wellness Committee Meeting 9.23.2008

Welcome

Patty Parsons – Patty shared that she has encouragement letters for parents to be on wellness team or site team. She has various handouts for members to share and put in their notebooks. It is important to include as many people as possible and gain support for the work that is being done.

Amy is an intern for Patty and has been helping her in a variety of ways.

Introduction of Council Members

Kelly Volkmann – Garfield, Greg Alpert – bike safety education, Jen Brown – Corvallis environmental center, Stewart Trost – OSU, Kathy Gunter – OSU, Mardi Hence – Wilson and BCHD, Xan Augent – Lincoln k8, Joe Whinnery, Carol Walsh, Gigi Sims –Franklin & Cheldelin, Amy Sundseth – OSU BCHD, Gail Gerdemann – OSU SEPS, Andrea Piccinin – Hoover, Anne Schuster – school board, Sharon Gibson – Steering Committee & Food Service Director, Dana Strowbridge – Tobacco Grant, James Wickman – LPMS Principal,

Timeline for Implementation -

Carol Walsh – started with a look to the future with her Corvallis School Wellness Timeline, which is a list of changes made in the district regarding wellness. A lot of changes have been made over the last five years.

Corvallis School Wellness Timeline

2003: Middle and high school students have daily access to vending machines with soda and candy. Food choices at breaks include donuts, large cookies and cinnamon rolls.

2004: In the Child Nutrition and WIC Reauthorization Act of 2004, passed in June of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

That same summer, James Wickman saw an opportunity to open the new LPMS with emphasis on a healthier food environment. He requested assistance to establish minimum standards for foods sold in the school store and from vending machines. Cheldelin MS was quick to use similar standards, thus beginning a movement towards healthier schools. Discussions with Corvallis Boys & Girls Club and the Corvallis Aquatic Center encouraged others in the community to consider their role in establishing a healthy environment for kids.

2005: Superintendent Dawn Tarzian invites group of teachers, administrators, parents, students and community members to review model wellness policies. This group met monthly through first half of 2006, making recommendation to School Board in June 2006.

2006: 1st year of District Wellness Policy

- Vending machines turned off during meal times at high school; vending machine options meet minimum standards, with intent to omit all soft drinks by fall 2007.
- Super-sized portions of ala carte items are reduced.
- District Wellness Council meets monthly: recommend school sites use School Health Index to assess current environment, establish strengths/room for improvement; establish website with links to policy; communicate policy to parent groups, building principals and community

2007: 2nd year of District Wellness Policy

- Wellness newsletter available on website
- No soft drinks sold in student areas during school day
- Foodservice makes connection with local farmers (Harvest of the Month)
- Healthy breakfast standards established and piloted
- Franklin School wins first annual Oregon School Wellness Award
- More school buildings form school health teams, use School Health Index to determine local wellness needs
- District Wellness Council meets monthly: search for appropriate monitoring tool, encourage school wellness teams through discussion between schools, communicate efforts of school foodservice department, encourage morning physical activity

2008: 3rd year of District Wellness Policy

- State of Oregon “no junk food” Law setting minimum standards for all foods sold during school day goes into effect this school year
- District Wellness Council meets monthly, with increased school building representation

Food Service – Sharon Gibson shared information regarding what has been happening in the Food Service program, such as Pick of the Month, the Fruit and Veggie Coalition, working with local growers to supply produce, and nutritional links from the website.

Gigi Sims shared important information regarding some of the legal changes regarding Wellness.

OR Legislative (2007 Session) Successes related to Wellness

HB 3486 (STATE LAW) directs the Department of Human Services to develop a strategic plan to address obesity and diabetes by the 2009 session.

HB 2650 (STATE LAW) known as the “Healthy Foods for Healthy Students” law requires nutrition standards re: snacks and beverages sold during the school day (i.e. vending machines, a la carte, student stores, fundraising). Oregon ranks in top 3 of 22 states for depth of nutrition standards to be implemented (starting 2008-09 school year).

HB 3141 (STATE LAW) establishes minimum P.E. minutes for

K-8 students, provision of assessment tools/evaluation of P.E. and implementation of grant programs to assist in hiring P.E. specialists.

Details below:

Requires physical education for all students K-8 receive physical education 150 minutes per week for K-5 students and 225 minutes for students in grades 6-8. The instruction will be a sequential, developmentally appropriate curriculum that is designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives. At least 50% of the physical education class time is to be actual physical activity with as much time as possible spent in moderate physical activity.

Students with disabilities will have adapted physical education included as part of their individualized education program (IEP). A student without an IEP but with chronic health problems or other special needs that preclude the student from participating in regular physical education instruction will have suitably adapted P.E. included in an individualized health plan developed for the student by the school district or public charter school.

Every school district is to be in compliance by the 2017-18 school year. In addition to the required minutes, the House Bill also directs ODE to gather information from school districts about: 1) The number of minutes of physical education that are provided to students in kindergarten through grade 8 each school week in each public school within the district; 2) The physical capacity of public schools to provide students in kindergarten through grade 5 with at least 150 minutes of physical education during each school week and to provide students in grades 6 through 8 with at least 225 minutes of physical education during each school week; and 3) The additional facilities required by public schools to provide physical education to students as described in section 2). This information will be gathered annually starting during the 2007-08 school year and reported to the Legislature in February of each odd numbered year. Read the complete bill at:

<http://www.leg.state.or.us/07reg/measpdf/hb3100.dir/hb3141.en.pdf>

Share Job Description for Site Reps

Gigi Sims - circulated handouts and descriptions in a draft to edit. A first look at what site reps may do. She would like hardcopy and electronic versions available. The work at our sites needs to reflect what we are doing. She is excited that we have come so far in developing our policy and goals. There was discussion around utilizing school professionals and other professionals in facilitating certain aspects of the goals. This is a great way for creating opportunities to communicate to parents, students, and the community.

Action plans – Okay to leverage ideas and plans from other sites, but priorities will surface according to your own school site. You will have your own ideas and still be able to infuse what is listed.

Question raised regarding being a new member and where do they find the information on what has already been done? Check with the site administrator and with committee members. Notebooks should stay on site and have current information regarding what plans have been put in place and what needs to be done next.

Review Site Notebook contents

Wellness policy, State laws, supporting documents, school health index, three modules – Physical Education, Nutrition, and School Environment. Membership of council and local site team. These are some of the things that need to be in the notebooks. Carol Walsh will add information to website that will better detail what information should be site notebooks.

If there is more than one person on an action plan, it is more likely to get done. Gigi looked at CV concession and was excited about the healthy changes. She is looking at making her notebook into a 3yr notebook as she has made so many changes.

SMART objectives – know who is responsible and who is on the agenda. Know where everyone is on their objectives. Watch the school calendars as well as personal calendar. Have an action plan for each SMART objective. Have your team and a calendar to help organize and track work. Coordinate and be aware of events and fundraisers. These are opportunities to make changes and build partnerships.

Promote wellness in your school leveraging from what comes along. Important to not be overwhelmed by the enormity of what has been done or what needs to be done. Donna Keim wants to be of help with the school index along with Dana Strowbridge. It would be nice to have action plans for people to see and to possibly replicate for their site. See what other people have done, as long as fits with your school's health index. Lincoln has a large task since everything must be in Spanish and English. (Sharon will check if district can handle translations.)

Stewart Trost - Aside from nutrition, we are focusing on activity and creating opportunities to do some activity. Activities that promote movement and providing some skills, interest and confidence about physical activity. Implement over 10 to 12 week period with assessments through the calendar year. See if it can be adopted in other schools. Walking, biking to school, active learning experiences. He has gotten the official approvals from OSU and others. Classroom opportunities are also being developed. Megan is the graduate student helping to develop this program. She has developed a resource that would require little investment in time, commitment, or money. Evaluation process is developed - does this help or hurt children in the classroom.

Question - Is the notebook that Megan has developed available in electronic form? It can be.

Site Reps Share Wellness Accomplishments

Patty – there are monies available for funding a support person for traffic enforcement, working with children (Adams and Lincoln)(Hoover, Jefferson, and Garfield) traffic problems that some schools have. This is an opportunity for children to learn biking skills and pedestrian skills. Bicycle Transportation Alliance. Currently geared at 2nd graders – this was determined by principals. There is money for teachers during the last year to train them. ODOT is funding this program.

Running program for elementary students. Gives them opportunity to run and be rewarded when their card is punched. They have to go to their stations to get their cards punched.

Habitat trail ¼ mile – 10 mile reward card. Fitness stations have also been installed. (Xan) Funding from a variety of local sources helped to develop this. Focuses on outdoor activity.

New playground equipment at a number of elementary schools, secondary opportunities being developed or expanded.

Board report regarding Wellness activities and highlights from every school. Please jot down a paragraph of what is happening in your school and get it to Gigi or James Wickman before the 30th. Tuesday to Board.

Steering committee members are always available to help members

October 28th is next meeting.