

District Wellness Council Minutes – 9.23.09

Introductions – Patty Parsons (Benton County Health Department), Dawn Tarzian (Corvallis School District Superintendent), Blake Rodman (School Board), Gigi Sims (Hoover & Cheldelin, Safe Routes To School), Melissa Harder (CVHS Asst. Principal), Sharon Gibson (CSD Food Service), Jen Meyer (Corvallis Environmental Center), Deborah Bella (parent Jefferson Elementary), Katie Summerlin (parent Lincoln Elementary), Brandi Langsdorf (Garfield Elementary), Kathy Adair (CSD Food Service), Sara Lipow (Adams Elementary)

Announcements/Reports - All

Melissa Harder welcomed the small group in attendance. She welcomed Brandi Langsdorf as the new Hoover Wellness representative.

Format for future meetings

- Start meeting with celebrations and events.
- Working together will be the bulk of the meetings, to learn from each other and be more productive.
- Bring other community and interest groups together to learn and grow.
- Access more resources.

Dawn Tarzian –

- Credits this team for changing the direction of the district. This team has made a difference, moving the district closer to a healthier environment for our kids. When the district was making huge cuts at the end of the year, they saw that Food Services was having to spend \$100,000 more for food that is fresh and more nutritious. The School Board decided to leave the department alone from any other budget cuts.
- The Wellness and the Sustainability Committee's both contain health and wellbeing, and there will likely be overlap between the two. This could be an opportunity to unite forces. The district has come a long way. These committees make a huge difference and thanks to the staff who trust that right decisions are being made.
- Having the School Board support is important to the strength of our Wellness team.

Patty Parsons –

- Get involved in promoting a healthy school environment.
- Local school reps – recruit your own team. Each school is different. Promote breakfast either at home or school. Advocate for more physical activity. Change the culture around celebrations, rewards, and fundraising. Some schools are on board and some are coming along, but more needs to be done.
- The Wellness Committee wants to help reps form a team. We have good support with the Principals and are willing to set up meetings to start from there. You don't need a huge team to get things done. 4 or 5 people can do a lot.
- The District Wellness Council website has all of the handouts, instructions, meeting minutes, tasting table information, Walk Bike 2 School, and more. Just explore. It also has the text of the policy, and the Healthy Teens survey information – where Corvallis stands - 8th & 11th graders surveyed.
- Your School Wellness predecessor should have left a notebook that contains your school information.

Gigi Sims –

- Recommends you take lots of photos of what you are doing around Wellness. Student photos need a parent release. It is valuable in showing progress and encouraging the school.
- Gigi thanked Dawn for her leadership and to the many others for helping to develop Wellness Teams.
- Safe Routes to Schools is about change, collaboration, communication, and commitment.
- We have SMART objectives for Safe routes to school, which can be found on the website or in the school Wellness notebook.

Dawn Tarzian –

- As part of the budget restructuring, bus service was cut for children within a mile from school, since we have the infrastructure in Safe Routes to Schools to help encourage children and families to use alternative methods to get to school. Hot spots were addressed regarding certain safety areas, but the community has a strong support of alternative transportation.

Sharon Gibson –

- There was significant impact from HB2650 on the District Food Service Department. It required making changes, but it was for the good of the kids. It did raise the concern for School Districts statewide around whether their Food Service Departments could afford to do this. No, they couldn't, so the Legislature broke it down into years.
- Our District Wellness Committee requests were stricter than HB2650, such as removing sodas out of cafeterias during lunch. Staff and students were furious over the change. Explanations for the changes were made, with a focus on educating the reasons. It was difficult to get vendors to sell acceptable sized and compatible products. There are a lot of calls about selling during school by different student groups and outside businesses, but there are no food sales from outside parties during school days.

Patty Parsons - Healthy celebrations and Snacks.

- It is important to offer alternative choices for celebrations and snacks to develop a culture change by slowly getting the word out with gentle and consistent reminders.
- There are a lot of changes across Corvallis, and it's very exciting; community-wide. Patty's intern created special tri-fold boards to advertise healthy snacks, and offered members to take them back to their departments or schools.

Jen Meyers – Tasting Tables and School Gardens

- Jen invites a farmer with produce to talk about their special fruits and vegetables. Consistently having the school tasting tables has been important. They began by easing the kids in with melons and apples and worked into broccoli and other veggies. There has been good reception from kids and staff. They got more interested as Jen continued to come.
- Supplemental information goes to teachers ahead of time, with activities and fact sheets. These will become available on the website. Jen is looking to have tasting tables at every school. She liked to invite the farmer to the Tasting Table events so children have the opportunity to ask questions and see the connection between produce and farm.
- Funding for the Tasting Tables is still being worked on, but Jen is confident she will succeed in getting enough for the entire district. She is currently trying to get the education materials in English and Spanish.

Next Meeting: October 28, 2009 at 3:30 p.m. at the District Office Board Room