

Wellness Committee Meeting

January 23, 2018

4:00 p.m.

Old Quarry Conference Room

Minutes

In attendance: Joelle Beranek, Nicole Friscia, Melissa Johnson, Ashley Kott, Kimberly Lewis, Natalie Shrimpi, Evelyn Shaheen, and Claire Shaunessey, Parents; Damon Ascolani and Bethany Martino, Board members; Theresa Vesvary, PTO; Laurel Hason, Chartwells food service manager; Peggy Knight, Bev O'Rozco, and Joe Tomesek, and Susan Wulczyn, staff members

Agenda

- A. Call to Order- Meeting was called to order at 4:01
- B. Pledge of Allegiance
- C. Introduction of new members- Parents were welcomed; individuals shared their "why" for committee membership
- D. Review and Approval of Minutes from November 28, 2017, Meeting- minutes were approved as written
- E. Comments from Audience- none
- F. Wellness Action Plan Items for 2017-2018
 - Continue daily physical education in grades K-8.
 - Physical education continues daily throughout the district, except at kindergarten; no member was aware of potential changes to that.
 - Review use of brain breaks in OW/RV classrooms- Joe T contacted the articulation leaders who reported that brain breaks are common throughout Oakwood and River Valley Schools; Joe will continue to send out suggested activities on a regular basis.
 - Review use of Goo Noodle in kindergarten classes- Joe reported that kindergarten classes use Gonoodle, Let's Get Moving Mats, and Learning Station for movement breaks. Individual teachers also use resources such as KIDS FOCUS and yoga stretches.
 - Encourage nutritious choices at lunch through lunchroom activities.
 - Chartwells options- A parent asked about gluten-free and organic options. There are not too many gluten-free options now and no organic, although foods are purchased from a reputable source.
 - Proposed "Food Committee" - This student committee will meet with Laurel in February to discuss menu options at Old Quarry.
 - A new dietician is affiliated with Chartwells; Laurel will invite her to attend an upcoming meeting.
 - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
 - Results of the wellness survey conducted with the District Insurance Committee point to potential interest in the following activities:
 - Walking- group pedometer competition
 - Massage therapy
 - Onsite fitness
 - Fitness Challenges
 - Walking club, among others

- One member who teaches yoga discussed a possible group rate; another fitness instructor later offered to conduct classes on campus too.
 - A wellness Bingo game will be offered in late February/March to all staff members.
 - At Old Quarry, there is a walking group....
 - Implement K-5 Family Fitness Night [PTO Wellness]- Scheduled for February 8, this PTO activity will include martial arts, group fitness, basketball, an obstacle course, dance, hula hoop, wellness games and more.
 - Conduct 3-year Wellness Policy/Plan evaluation.
 - Completion of policy/plan evaluation using WellSAT 2.0- This group began its evaluation of the Wellness policy using the WellSAT 2.0 online evaluation tool. Questions were raised about the level of detail necessary in a policy versus a procedure. It was suggested by Damon, who is also a member of the District Policy Committee, that further investigation into this evaluation should be conducted. Susan will manage this and report back at our next meeting.
- G. PTO Wellness Update – Fitness Night will take place on February 8, 2018 (see above for details).
- H. Membership Recruitment update- We had a very successful membership campaign with close to 15 parents volunteering their services.
- I. Screen time and nutrition for athletes- follow up from the OQ health teacher
 - a. Sara Holzhauser reported via email that exercise, healthy eating, and good sleep habits are presented in every grade; there are units on nutrition in 8th grade, physical fitness in 7th grade, and personal hygiene in 6th grade.
 - b. The importance of sleep needs and the impact of screen time on sleep are discussed in 6th grade.
- J. Other Items from Members- none
- K. Adjournment- meeting adjourned at 5:25

