

## OSD Wellness Committee Meeting

### Oregon School District Wellness Committee Minutes

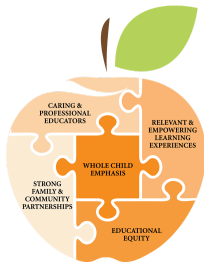
Monday April 29, 2024  
5:00-6:00pm via Google Meet:

**Present:** Jenny Soltis, OSD Food Service, Christina Lemrise, FES teacher Dawn Goltz, PVE principal, Jenna Anthony, OSD Food Food Service, Jim Pliner, OHS Principal, Julia Bavery, HR team, Mary Lokuta, OSD School Board, Molly Dall'Osto, Teacher FES, Sheri Pollock, Oregon Area Food Pantry, Amy Miller, Community Ed Director,

#### ☐ **Introductions**

#### ☐ **Oregon Area Food Pantry Update - Sheri Pollock**

- ☐ We are seeing a 70% increase over last year and that year was a significant increase over the year before.
- ☐ In April of 2023, we served 148 unique families, 190 total families, in April 2024 we served 196 unique families, 306 total families. In April 2024, we served a total of 190 kids 17 and under.
- ☐ 330 unique households, 2160 total households
- ☐ 949 Unique people, 6533 total people
- ☐ 92 New households and 280 new people.
- ☐ Households are visiting the pantry more time each month than in the past. A year ago, our average household visited 1.25 times per month, it is now 1.58 times per month.
- ☐ they give gift cards to residents of the school district for gas and for Kwik Trip
- ☐ Spend \$90,000 a year on gift cards
- ☐ Food for break program - serve about 200 children gift cards for 3 extended breaks. \$5 per day per kid. They get invited into the program
  - ☐ Number of new families is due to food for break program. Most come back outside of the food for break program.
  - ☐ OAFP school meal program - covering school lunch and breakfast balances for families where students don't quite qualify. One donor has donated \$40,000. We spend about \$1800 a month on this program.
- ☐ We serviced 316 children this year
- ☐ At the high school, FFA organizes Homecoming Food Drive.
- ☐ We work with RCI, students run a food drive and then they deliver the items to the food pantry

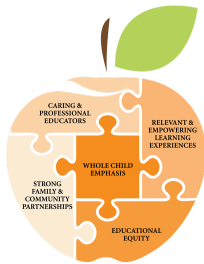


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- ❑ OHS NHS has come to help with food drives. If you can think of other youth groups to help with food drives, please invite them.
  - ❑ May 18th the class of 2024 food drive - it will be at the food pantry from 11-2pm. They will have backdrops for pics, brats for sales, and donate 24 items or 24 lbs of food.
  - ❑ PVE supported the food pantry - they decorated bags that the patrons at the food pantry could use.
- ❑ **Update: What's New in AmeriCorps Farm to School Program- F2S Team**
  - ❑ Our current AmeriCorps just took a new position in Texas
  - ❑ We will still be hosting Try Its
  - ❑ Hosted a try it "Kale" at FES and OHS
- ❑ **Wisconsin School Health Awards** - Amy
  - ❑ WI DPI did not have staff in place in 23-24 so did not offer a school health award. We will watch for new guidelines in the 2024-25 school year.

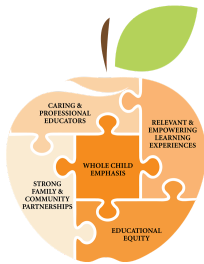
### UPDATES:

- ❑ **Active Healthy Schools Share Out - 4K & all buildings:** Share how you have kept a focus on Health & Wellness this year in your building - building reps  
Let's Celebrate!!
  - ❑ **4K**
  - ❑ Brooklyn-
    - ❑ Green & Healthy started a bit slow.
    - ❑ October they planned for the garden,
    - ❑ November, December and January - Sleep Challenge.
    - ❑ 3rd grade green Team got up and running. All students received sleeping masks,
    - ❑ 3rd grade is teaching about recycling.
    - ❑ Last week we planted seeds so each child can take one home.
    - ❑ In May we will be planting and asking families to help with the garden in the summer
  - ❑ Forest Edge -
    - ❑ Lots of gardening going on.
    - ❑ Mindfulness is going on in many classrooms, a lot of effort into grounding our learners. A lot of zones and quiet times, walking breaks and supporting the whole body.
  - ❑ Netherwood
    - ❑ Lots of gardening/planting in our Hoop house and arboretum. Both will be tended by an NKE family this summer.



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- ❑ NKE Hatched chickens as part of the EL curriculum in 1st grade this spring. We now have 5 chickens in the arb :)
  - ❑ Bike Rodeo was a HUGE success!
- ❑ OHS- universal (Panther Connections (advisory for universal curriculum) focusing on stress and anxiety, self regulation, handling the challenges in front of them well/ Health classes focus on health and wellbeing, choices), Wellness of Mind and Body PE elective, KEYS is working on putting some campaigns together- safe decision making and alcohol free social options. Clubs are involved in decisions on how to spend JUUL funds, (vaping cessation), April (Imagine is focused on Sexual Assault Awareness Month SAAM), ECOS (elevating awareness in sustainability)
- ❑ OMS
  - ❑ A lot more students are taking breakfast in the morning due to the strategic placement of the food items
  - ❑ Provided lesson plans in connections using the Universal approach to building healthy habits early
  - ❑ Provide recycling options with compost
  - ❑ Our staff plant greens and provide a salad bar twice a year
- ❑ Prairie View -PVE Focus on wellness:
  - ❑ Community Building Schoolwide: POP groups monthly and assembly
  - ❑ Staff March Madness-staff wellbeing
  - ❑ New playground equipment being added
  - ❑ Green and Healthy-SLT
  - ❑ Mindful Minute-responsive to PBIS data, was Wednesday noon now Monday morning announcements
  - ❑ Zen Den continued use 8:15-9:00 & 12:10-2:30, supervised by staff students know (rotations, student services, paras)
- ❑ Rome Corners- Garden: Worked with Z to get this off the ground, but we are on hold (she left the district), we have students and staff ready to lift this, but need more support.
  - ❑ Zen Den - Focus on grounding our learners, this is open most of the school day and works to help support our students. Emotional well being and being ready to learn and connect to what they need socially and emotionally to be an successful 5th and 6th grader
  - ❑ EL - Rainforest - passion around what we can do to help our earth, they are so passionate and working to help our environment.
  - ❑ Kindness Assembly - Focus on keeping kindness for all of students and staff to have safe learning environment!
  - ❑ Student Council food drive - We do a monthly food drive to support our food pantry
- ❑ **Staff Wellness opportunities update:** Julia Bavery
  - ❑ We have a position that would help with staff wellness



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- ❑ Medical Flex is open through Monday
- ❑ **School Nurse Update:** Becky, Alycia, and/or Jamie

### DISCUSSION/ACTION:

- ❑ **Review Wellness [Policy 721](#):** all
  - ❑ **721.05 – Physical Activity Goals**
  - ❑ [721.05.02](#): All elementary schools will offer at least 40 minutes of recess each day. Outdoor recess will be offered when weather permits. If indoor recess is necessary, schools will promote physical activity in gyms and other appropriate locations within the buildings.
  - ❑ [721.05.03](#): Students will be offered periodic opportunities to be active or to stretch during a school day. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Teachers are encouraged to incorporate movement and kinesthetic learning approaches into all classroom instruction.
- ❑ **Your Fitness and Wellness Wishlist** all
  - ❑ If you had a magic wand, money or access to people or things, what would you want for our students and staff to improve or enhance their fitness and wellness?
    - ❑ PVE is creating a movement room
      - ❑ Weighted balls, equipment
    - ❑ RCI - what can I do to help my staff with the ever changing job of education and what we can do to support them
    - ❑ HR - please share ideas with them - meditation apps, free staff meals, a space for staff to decompress,
    - ❑ PVE - adding shade to playground - Ditto from NKE
- ❑ **Other Updates/ Bike Rack Items:**
- ❑ **Adjourn:** 6:00PM