



## OSD Wellness Committee Meeting

### Oregon School District Wellness Committee Agenda

January 9, 2025

5:00 - 6:00pm via Google Meet

**Present:** Amanda Bienlein, Alex Marks, Cynthia Olander, Mary Lokuta, Michaela Rosga, Julia Bavery, Lalia Miles, Jen Hans, Mikaela Powers, Jim Pliner, Dan Hillgartner, Kerri Modjeski, Shannon Anderson, Avery Lindhardt

❖ 5:00 - 5:05pm - **Welcome and Introductions**

❖ 5:05 - 5:10pm - **Review Wellness Policy [721](#)**

➤ **Key Points:**

- 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.

❖ 5:10 - 5:15pm - **[Healthy School Academy](#)**

➤ Formerly the Wisconsin School Health Award

- Schools have done this in the past.

➤ Chance to receive up to \$2,500 per school upon completion of all 3 levels

- <https://dpi.wi.gov/sspw/coordinated-school-health/wisconsin-school-health-award>

➤ Must register by February 28, 2025 at 5:00pm

- Jim Pliner received the email this year and registered the high school into the academy. They have received the Bronze level before at High School.

❖ 5:15 - 5:20pm - **Oregon Food Pantry Update** Shannon Anderson

- Served almost 11,000 people in 2024 compared to 7467 in 2023 and 4476 in 2022
- People are coming more often from an average of 6.38 times per year in 2022 to 9.16 times per year in 2024
- Had 379 new people come to the pantry in 2024. Over the last three years, we have had almost 1000 new people join the pantry
- More than 3100 hours of volunteer time
- Gave out 215,275 pounds of food to people at the pantry in 2024 – this is 30,000 more than in 2023
- Budget issues has caused the Board to cut back on the gift card program for families
- An angel donor will provide support for the School Meal program and the Food 4 Break program through the 2025-26 school year
  - The School Meal Program pays for school meals for children whose family apply for free or reduced meals but just miss qualifying. It costs about \$18,000 per year. Had about 45 kids in the program in 2024
  - The Food 4 Break program provides food gift cards to families to cover the lunch and breakfast that kids would usually get at school during extended school breaks. This program costs about \$15,000 per year. Have around 80 families/ 200 kids that participate
  - The school community has been very supportive of food drives

❖ 5:20 - 5:45pm - **District Updates**

➤ **Community** - Jen Hans

- The community hosts an annual fun run, encouraging people to get active and participate in outdoor physical activity.
- Oregon offers a variety of community education activities for children, promoting engagement and learning beyond the classroom.
  - There is a need for more outdoor activities and facilities for children aged 10 and older in the Oregon community. Other nearby communities offer better outdoor amenities, and there is interest in seeing similar facilities developed locally.

➤ **Student Support Services-** Shannon Anderson

- Foods for Breaks Program: This initiative helps subsidize meals for students during fall, winter, and spring breaks when schools are closed.
  - The program also reaches out to families enrolled in the free and reduced lunch program, offering a \$25 gift card per student for grocery store use. Families pick up the gift cards at the local food pantry, creating a connection with available resources.
- Focused on supporting mental health, the district has 160-170 individuals utilizing mental health services. Professionals visit the schools to provide private sessions.
  - These mental health services are covered through insurance, and if insurance does not cover the sessions, grant funds are available to ensure students can still access the support.

➤ **4k**

- Sites are getting their kids outside, weather permitting, for at least 15-30 minutes per day. Each site varies and some sites have greater resources than others (i.e. local parks or school playgrounds nearby)

➤ **Brooklyn -** Anna Seidensticker (Not present, but provided updates after)

- Nature Club meets once a month during lunch recess to discuss natural and environmental topics with 3rd and 4th grade students.
- Staff did a fall garden clean up
- Teachers incorporate movement breaks into their instruction each day.
- Rotations teachers are starting with a mindful minute before their class begins.
- We have opened/staffed the movement room at key times that our behavior data indicated students were struggling with.
- Incorporating community circles to develop SEL skills for both students and staff
- PBIS celebrations intentionally incorporate extra movement opportunities

➤ **Forest Edge -** Kerri Modjeski

- Promote healthy habits by incorporating movement breaks throughout the school day, including recess and a dedicated movement room for students needing extra physical activity.

- Offer a Fitness Club during lunch with access to an outdoor walking path.
  - Provide yoga sessions as an alternative to traditional recess.
  - Support the Green and Healthy Club, which engages in composting activities and hosts energy-saving challenges.
  - Recently hosted a “Switch a Roo” event, featuring a fun dance party and basketball games for students.
- **Netherwood Knoll**
- No report
- **Oregon High School - Jim Pliner**
- The school offers 65 student clubs and recently hosted a Club Fair during Homecoming Week. Students interested in starting new clubs can find a supervisor and secure funding.
    - Launched a Robotics Club this year, supported by a grant through the Department of Public Instruction (DPI).
    - Recently submitted the Healthy Schools Application to secure funding for the Wellness Club.
    - Clubs and sports provide students with opportunities to discover their passions, find their niche, and connect with peers.
  - These activities help prepare students for life after high school.
    - Recently hosted an Alumni Panel with 35 alumni returning to share insights, answer questions, and offer inspiration to students about their future prospects.
    - Junior Conferences with counselors allowed students to explore post-secondary plans and career pathways.
    - MATC assisted students in filling out free applications for college.
  - Mentorship programs paired students with outside mentors, providing valuable support, especially for those facing challenges.
  - The high school weight room is now open five days a week, offering additional opportunities for student fitness.
- **Oregon Middle School**
- No Report
- **Prairie View - Dan Hillgartner**
- They have Phy Ed 3 days a week, 3 times a week this year.
  - They have a zen den for students to relax and a movement room for students to get their energy out.

- They host Global Play Day on February 7
- They host Field Day in the last week of school, with 4th graders running all 32 stations.
- They have a Yearly Theme focusing on Habits of Character, where each month highlights a different character trait. This month focuses on spending 10 minutes each day on something you find difficult.
- They practice composting.
- Recently, new recess equipment was installed, including handicapped accessible options.
- They have a Mindful Minute every Wednesday for the students.

#### **Rome Corners - Cynthia Olander**

- Daily recess and movement breaks for the students, with time for each break depending on schedule.
- They have a Zen Den for relaxation.
- They have been researching data to determine how much movement students need and have been working with student services to identify students who need additional movement throughout the school day.
- They offer student clubs, such as a dance club or basketball club.
  - If students come up with a great idea, they find sponsors to help support the initiative.
- At the end of the first semester, students participated in a "choose your own adventure" event to celebrate the completion of semester one. This activity was designed to get students up and moving.

#### **➤ School Nurse Update - Shannon Anderson**

- They meet with a Medical advisor quarterly to review policies.
- The ORCHARDS research is complete, but they still maintain a partnership with O'Connor Lab.
  - They continue offering nasal testing in offices for various illnesses.
- They continue to do air sampling in the schools to collect data for research.
- Mental Health: They have been seeing students who think they are ill, but it is often due to anxiety or other health challenges. They are collaborating with other schools to support these students through cross collaboration.
- Norovirus is trending in the district

- People are experiencing prolonged cough lasting weeks
  - Pertussis, or Whooping Cough, has a number of cases in the district
- **High School Student Wellness Committee** - Laila Miles and Avery Lindhardt
- They noticed many clubs around the school but didn't have one focused on providing a personal space for students to talk about their feelings. They believe it's important for students to have someone to use as an outlet
  - Friends wanted a space to create change in the school and to talk about where they are struggling.
  - Advisor is Emma Cooper.
  - One project is a clothing drive at a local church for a homeless shelter. They noticed many people donate around the holidays, but wanted to extend the drive into January and February to help keep people warm during the colder months. The drive runs for about 2-3 weeks each year..
  - Part of their wellness is making others better.
  - What would they like to see?
    - The gym should be open during breaks or the summer to help students stay active, as they have been seeing more and more people using it.
    - A vending machine that accepts cash is available during the day, offering healthy snacks so students can purchase them outside of lunch hours, with quick access typically taking 2-5 minutes.
    - They would like to see their Wellness Club help the community.
    - The Student Services office is always busy, and it takes a while for students to get an appointment. They would like to see an improved system to address urgent needs. Possibly hire someone who can take walkins
    - They have observed casual hate speech spreading through the internet, where people face only small consequences, leading to continued behavior. They would like to see an improved system to address and reprimand students for incidents of discrimination.

➤ **Pool - Michaela Rosga**

- Brooklyn and Netherwood Phy Ed classes spend 40 minutes in the pool.
  - They will be hosting Forest Edge and Prairie View schools soon.
- Currently, 8-10 employees use the 30-minute employee swim time each week.
- After-school groups also use the pool.
- Afc uses the pool every Tuesday.
- They have started to offer more swim lessons to the community.
- They have started offering more water safety classes to train lifeguards
- Over summer they hosted the Lifeguard Olympics for their employees.
- They have healthy alternative snacks in their vending machines.

➤ **Staff Wellness- Julia Bavery and Mikaela Powers**

- Makala will be focused on staff wellness.
  - What does the staff want?
- They want to connect more with the staff to support their wellness.

❖ 5:45 - 5:55pm - **Wishlist**

- What would you envision to improve or elevate the fitness and wellness of our students and staff?
- Cynthia Olander (RCI): Would like to see their zen den with full time staffing and having a staff member to do the movement needs. Would like a movement room with equipment, staff member, and a different cafeteria.
  - Kerri Modjeski (FES) and Dan Hillgartner (PVE): Would like to see their movement room with full time staffing and grants for new equipment.
  - Middle school- some playground equipment for recess.
  - Community - More outdoor activities that can help bring people of all ages together (i.e. outdoor pool) where signup is not required. Also would like to see more programming for kids ages 4 and under.

❖ 5:55 - 5:55pm - **Other Items**

- None

❖ 5:55pm - **Adjourned**