

District Wellness Committee - Meeting Minutes

Monday, November 2, 2015, 3:30pm in the SAU Conference Room

Present: Theresa P., Tracy S., and Doris D., Tom Newkirk, Danuta R., Todd A., Eileen M., Katherine M., Jessica W., and Tracy Schroeder.

Meeting called to order at 3:35pm.

There was no agenda for the meeting so Todd suggested we create an agenda before we get started.

- Create Parent Programming
- District Wellness Coordinators through HealthTrust
- End 68 Hours of Hunger
- Elect a Chair for the Committee

- **Wellness Coordinators:**

Theresa explained that HealthTrust, our District's third-party administrator, will allow there to be up to four district Wellness Coordinators. Theresa is currently the only Wellness Coordinator for the District through HealthTrust. Wellness Coordinators are required to attend one wellness meeting at HealthTrust in January, where they will receive a \$500 check for doing so. In return they are asked to use the money in conjunction with employee health and/or wellness. They also ask the coordinators to share information with them about the various programs used to promote health and wellness; pictures are always encouraged for promotion to other districts and municipalities. Eileen, Tracy and Katherine noted that they would like to take part in this program. Theresa will get them the information to register as a Wellness Coordinator and the information on the January meeting.

- **End 68 Hours of Hunger:**

Tom noted that maybe this should not be an ORCSD Board committee. Katherine stated that she agreed, as End 68 Hours of Hunger has its own governing Board and by-laws. Tom will see what he can do to disengage the ORCSD Board from the committee. Katherine will report back to this group what is happening in the End 68 Hours of Hunger.

- **Student Wellness and Mental Health:**

During last month's meeting, the improvement of student wellness and mental health was noted as goal for 2015-2016 for this committee. Carina D. and Heather M., are not going take part in this meeting, as they are going to be working on that component.

- **Election of the Chair:**

Tracy nominated Katherine Moore as Wellness Committee Chair, Theresa seconded the nomination, the committee was unanimous in this decision.

- **Health and Wellness Page on the ORCSD Website:**

Jess noted that the Wellness Policy in not easily found on the District's website. Katherine brought up the site and noted that it is easily found under School Board, Policies, it's just that it is about half-way down the page. It was also mentioned that parents would be more apt to go to the school's webpage, rather than the District webpage to access this information. It was then decided that each school should have their own Health & Wellness page that includes a link back to the District's page.

- **Frequency of Meetings:**

Katherine asked Doris if there were any grant driven reasons or rules that would require this group to meet monthly. Doris said she would double-check, but did not think so. If there are no requirements to meet monthly, Katherine suggested we meet on a quarterly basis. At each of the meetings we will have updates on how the Student Wellness & Mental Health group is progressing and how the End 68 Hours of Hunger program is doing.

- **Policy Revision:**

Tracy noted that we still need to have the policy revised to change the wording on page 10, under the section titled Rewards, the word "discouraged" in the first sentence needs to be changed to "do not

allow”. Also, the second sentence needs to be removed, as it is redundant to the first. It is imperative that this change happens immediately, as Doris’ Healthy US Schools Challenge grant is contingent on this corrected wording.

- **Open Campus:**

Doris mentioned that one of her professional counterparts had mentioned that the open campus privilege at the High School could be viewed as food for reward. Todd does not feel that is correct, as the reward is the freedom to leave campus, not the food that they might purchase off campus. Doris’ other concern was that the food they purchase off campus is not good.

- **Parent/Community Programming:**

Doris mentioned a film she watched called “The Mask You Live In”. The film deals with why boys are expected to be tough and not show their feelings. Doris gave the information to Counseling to set up for the Community Dinner, March 2016.

- **Next Meeting Date:**

The next meeting date was set for the first **Monday in February, 2016, at 3:30pm in the SAU Conference Room**. The agenda items for that meeting will be:

1. Share information with group obtained from the HealthTrust Wellness Coordinators Meeting.
2. Update on End 68 Hours of Hunger
3. Update on the Student Wellness and Mental Health policy
4. Parent Awareness

Minutes respectfully submitted by, Theresa Proia