**Wellness Policy #721.1 Committee – Meeting Minutes**

**Monday, Dec. 7, 2020 | 4:00 to 5:00 | WebEx Virtual**

**Attendance:** Allison Anfinson,Chloe Richtor, Bridgitt Looney, Claire Ryan, Esperanza Lee, Emily Firchau, Gary Diamond, Jana Stepka, Joyce Loveridge, Kari Schmitz, Kerri Kvasager, Katie Carter, Kristine Schaefer, Lauren Stordahl, Lindsay Sanderson, Mary Panek, Melanie Garmes, Bobbie Jo Grummons, Sarah Aldrich, Susie Brown, Sylvia Dobgima, Jodi Witte, Jo Park.

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| **AGENDA**  | **SUMMARY AND FOLLOW-UP** |
| Welcome/Introductions | * Participant Introductions.
* What members are doing to stay grounded and refuel.
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| Wellness Policy – purpose and guidelines | **Our purpose** is*to participate in the wellness policy process* *by working together to*     * increase awareness of the policy throughout the school district and community.
* assess implementation in our schools and work towards greater implementation and continuous improvement.
* to promote student health and wellbeing in our schools and the community.

All Wellness Policy Committee meeting minutes, assessments, etc. can be found on Nutrition Services homepage – [Wellness Policy](https://www.sowashco.org/departments/nutrition_services/wellness). Wellness Policy #721.1 is [here](https://www.sowashco.org/UserFiles/Servers/Server_1217353/File/Departments/Nutrition%20Services/721.1%20Wellness.pdf).  |
| Discussion: family activities, concerns and needs around nutrition, physical activity, and mental health.  | * Discussion – families and kids are struggling all around or with certain aspects, like physical activity.
* Some kids are struggling with challenges of distance learning. Some are doing well, even thriving.
* Several challenges and concerns related to keeping kids physically active and mental health, social skills.
* Feedback – many teachers are doing a great job with helping kids.
* New behaviors to support wellness: taking advantage of school meals, organizing virtual races with kids/families, participating in nightly virtual meetings with coaches.
* Other concerns: was hard to pick up meals for working families with younger children. Worried about transition back to school because child is doing well now.
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| What the district/schools are doing to help maintain access to physical activity, nutrition/healthy meals, and mental health support.  | Katie Carter – District PE coordinator/Crestview PE Teacher:* K-5 PE is very site based depending on needs. All have a.m. and p.m. classes – with some live teaching.
* Providing brain break and physical activity options for families. Check with your school’s PE teachers on similar resources.
* All physical activities conducted through PE at Crestview are with items in most homes.

Gary Diamond – WHS PE/Health: * All PE and health – using “rigid flexibility” to meet the unique challenges of virtual learning and the transitions between learning models. Most important – connect personally with students.
* Using google meets with students for distance learning – includes an intro/connect time and a lesson/activity. Kids are showing up.
* Health in grades 9 – 11 embedded in classroom curriculum (not separate class). Their focus at this time is on self-care and mental health with new lessons in stress and resiliency.
* Depression screening done every fall at WHS with targeted follow-up. This has been expanded district-wide.

Jo Park – mental health lead/Spec Ed Supervisor: * shared major themes and student hopes from summer survey, district activities to respond to mental health needs, and projects/opportunities/resources. See .ppt info [here](https://drive.google.com/file/d/1zy8q6iOoXYTGWuClFi75wa2rk1ANwgl1/view?usp=sharing).
* If problems or questions, reach out to a school staff member, school social workers, counselor, or administrator.

Bobbi Jo Grummons – Nutrition Services Asst. Director: * Nutrition Services expanded options for working parents expanded with all schools on distance learning
* offering curbside in person pickup now with 5 breakfasts and 5 lunches – 6 sites open.
* Meal pick up info/calendar [here](https://www.sowashco.org/cms/One.aspx?portalId=1217437&pageId=28128585). Info can be accessed on district homepage, Nutrition Services page, and in parent Connect communications.
* There is sufficient food for everyone that wants to participate.
* Difficult year for Nutrition Services with delivery model changes, requirements, and staffing issues. Receive some federal funds to operate and generate own income through meal costs. Distance learning – can’t generate income resulting in staff layoffs.
* Completed first triennial assessment of our policy as required. Will share results at February meeting.

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|  | Email Katie Carter at kcarter1@sowashco.org your suggestions for PE teachers to provide for kids/families related to physical activity.  |
| Exit – what is one thing from today that you want to learn more about.  | * Mental health and well-being activities (3)
* Mental health assessment tool for school
* PE ideas for students not on rotation during Distance Learning time
* Triennial assessment and future policy updates
* Mental health and physical activity
* More PE ideas for at home - 2
* Sleep / Sleep hygiene (2)
* Is there any support for parents to cope during this time?
* Social/emotional support for elementary aged kids.
* PE at home options that will interest kids, mental health support/kids being able to connect with one another
* What happens if we let a staff person know that our child is struggling? Are there counselors or psychologists available to meet with the students or are there group therapy sessions? What is available. What are the options?
* Is the district prioritizing a return to in person school ASAP because most of the concerns mentioned today would be resolved by simply having the children in school.
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| NEXT MEETING | All meetings are 4:00 to 5:00 p.m. and virtual unless otherwise noted * Monday, February 1, 2021
* Monday, April 5, 2021
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