

Wellness Health Council

Meeting Minutes

Nov 11, 2020

Members present via Zoom: Mary Kay Templin, Chris Krott, Matt Splain, Jodi Flexman, Liz Murphy, Mary Mahar-Yoder, Lauren Lawson, Amanda Davis, Reagan Austin, Fawn Miller, Kristie Ramsey

Wellness Policy – Our current policy is up to date and no changes are needed. In addition to the Wellness grant review it was reviewed during the Food Service Audit and they agreed we are in compliance and doing well.

Annual Review – submitted to the School Board June 2020. ** see attached

Wellness Grant – opted to not continue with the grant due to CoVid.

Goal 1 -We were going to open the building to fitness activities but with CoVid hitting we weren't able to initiate the walking or adult basketball.

Goal 2 – Amanda will help Mary Kay get others (Tim & Kristie) registered and involved in PSAhperd.

Goal 3 – Health is being taught to everyone now vs just a few grade levels.

Goal 4 – Mrs. Burns reviewed and determined it would not be feasible to add time to the lunch periods due to additional behavior issues.

Goal 5 – Food allergy info is on the school website and Mary Kay has instructed the 5th grade students and will work on the other grades as time permits.

Goal 6 – Mrs. Lawson, Mrs. Ramsey and Mrs. Krott sent a survey out and completed this goal.

Goal 7 – The Wellness page on the District website is complete. Please send anything you'd like to include to Mary Kay or Chris and we will see it is added.

There were other goals we completed or are working on this school year.

A Social Worker was hired, Chris has looked into the PA Harvest of the Month and we are taking suggestions for community involvement and distributing through the Elementary newsletter, the FB page and parent e-mails.

The next meeting is scheduled for March 10 at 3:00.

A zoom link will be sent in a reminder e-mail.

**OESD Annual Wellness Report

June 4, 2020

The Otto-Eldred SD received the School Wellness Continuous Quality Improvement Grant from for Center of Disease Control and Prevention and the Pennsylvania Department of Health.

Selected school districts were invited to participate based on self –reported 2015-16 growth screening/BMI for age percentiles and counties with high prevalence of chronic disease risk factors. The school district received grant funding to conduct a district self-assessment to identify wellness priorities, develop an action plan, implement the plan, support professional development and evaluate the outcome.

A consultant from DOH met with our Wellness Council in August 2019 and has supported the process throughout the year. Meetings were held monthly to identify areas for improvement, members broke into groups to work on each area identified, and action plans were completed and put into practice.

Goal- #1 Identified two sustainable activities to be sponsored by Wellness committee to open buildings to the community. 1.) walking 2x/week and 2.) adult basketball one night per week. Need to plan in advance during 20-21 to ensure building availability.

#2 – Identify professional organization to join as PE/Health staff including accessing expertise in IU9 area. Completed, plan to join PSAhperd.

#3 – A review of the current health topics being taught was completed.

#4 – Collect data and analyze at both buildings the time required to go through the lunch line and prepare to leave after lunch. It was determined that 25 minutes are needed and adjustments will be made to the schedule.

#5 – Educate the school and community regarding food allergies. Information placed on OE website and more information will be disseminated in the fall.

#6- Involve student interest in naming fruits and vegetables served at both buildings. Survey sent out to students.

#7- Develop and maintain Wellness page on the OE district website. Completed.

It is the understanding of the Wellness Committee that this grant will be extended into next school year. The money is to be used for professional development for staff in the context of health and wellness. The committee will continue to meet and discuss opportunities for improvement.

Respectfully submitted,

Mary Kay Templin

Matthew Splain