

Wellness Team Meeting Minutes  
Winton Woods City Schools  
Wednesday October 13, 2021  
4:15 – 5:15 pm  
Winton Woods Intermediate School - Media Center

### Attendees

Andrea Bourgeois, Steve Denny, Mark Doctor, Jermaine Hill, Rebecca Jones, Jeanette Jordan, Toni Patterson, Michele Plummer & Courtney Wilson

### Minutes

Meeting is started by a review of the purpose of the team (see below)

#### ⇒ Purpose of the **WWCS Wellness Team**

*Consider and study aspects of the overall health, nutrition and wellness realities for Winton Woods City Schools students, staf, policies & practices and make recommendations to the administration and district leadership that align current conditions to best-practice, research-based model wellness outcomes such as the Action for Healthy Kids Standards.*

#### **Reviewed the WeThrive! Document and then recapped of the four PRIORITIES selected two years ago:**

**PRIORITY 1** : Implement Safe Routes to School (SRTS) Active Transportation  
Action for Healthy Kids Standards Alignment: Physical Activity – #38

**PRIORITY 2** : Operate “Nutrition Is The Mission” Wellness Bus  
Action for Healthy Kids Standards Alignment: Other School Food – #19

**PRIORITY 3** : Build School Staff Programs for Wellness & Physical Activity/Fitness  
Action for Healthy Kids Standards Alignment: Staff Involvement – #46

**PRIORITY 4** : Implement the NFL’s Play 60 Physical Activity Program  
Action for Healthy Kids Standards Alignment: Physical Activity – #39

Andrea Bourgeois asked us to think about what our district needs to improve upon as it relates to the overall wellness program. The S.H.I. or School Health Index is a research-based tool created by the CDC to help schools assess and align practices. Hamilton County Health has selected this tool for all WeThrive! School districts and our team will use this process to review the wellness program.

**Discussion notes:** It’s not best practice to use physical activity as a punishment, especially withholding recess, PE or other physical activity & exercise. Do not use food as a reward for students - find a different way to reward them (extra recess, spend some class time outside, no homework, watch a movie in class, play a classroom game, etc.). The team will help furnish other ideas for incentives & consequences for teachers to consider instead as a part of our team’s work.

The group looked at the modules in the S.H.I. and identified which modules should be completed.

Wellness team members nominated to complete selected modules before next meeting on 12/1/21:

- Module 1 - completed already by Andrea, Steve & Mark during Wellness Policy review
- Module 2 - Julie Dietrich & Carl Paff
- Module 3 - Carl Paff & BJ Webb
- Module 4 - Mark Docter
- Module 6 - Tonya Bray & Rebecca Jones
- Module 7 - Tonya Bray & Rebecca Jones
- Module 8 - Steve Denny
- Module 9 - Nancy Starkey
- Module 11 - Jermaine Hill & Corina Denny

Steve thanked Toni Patterson for recording the minutes and reminded everyone that they will be posted on our district's website.

### Sub Committee Updates:

1. **Safe Routes to School** - We haven't held a meeting since last December however, we are working with the City of Forest Park to help keep our students safe who attend our North Campus. We would like to see enhanced crosswalks, better curbs and bike racks (in-process, waiting for shipment) for our students near the North Campus along West Kemper Road for starters.
2. **Nutrition Is The Mission** - The district's Community Pantry is open twice per month. The Food Pantry serves approximately 160 families per month. They receive a nice box of food items thanks to the donations we receive from the Free Store Food Bank. They are also supplying a daily snack to the ECC and the South Campus that consists of fresh fruit and/or a vegetable instead of a manufactured snack. We are also still feeding the students who are in attendance each school day.
3. **Build School Staff Programs for Wellness & Physical Activity/Fitness** - Steve shared that Nancy Starkey is working on some ideas at the building level to get staff moving. Nancy wasn't available to attend today's meeting.
4. **NFL's Play 60 Physical Activity Program** – No updates this meeting (presenters were unable to attend)

### OTHER NOTES:

Andrea wanted to share that she thinks Winton Woods is amazing for all that we do for our students and staff, from feeding them during the pandemic to WeThrive! participation.

Next Meeting: December 1st, 2021