

Wellness Team Meeting Minutes
Winton Woods City Schools
Wednesday December 2nd, 2020
3:30 – 4:30 pm
Virtual Meeting

Attendees

Steve Denny, Carl Paff, Mark Doctor, Nancy Starkey, Tonya Bray, Jinette Goins, Jeanette Jordan, Adrienne Martin, Michele Plummer, Tamra Ragland, Toni Patterson & Andrea Bourgeois

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, staff, 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.

Recap of the four PRIORITIES we selected:

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

Action for Healthy Kids Standards Alignment: Physical Activity – #39

Sub Committees Updates:

1. **Safe Routes to School** - A bike trail connecting Greenhills to Forest Park down Winton Road may happen, in fact, it may go all the way from Glenwoods Gardens to Downtown Cincinnati. This would take involvement from Forest Park, the Park District and Greenhills to have the trail installed along Winton Road. In conjunction with the City of Forest Park, rapid flash crosswalk systems have been set-up on Waycross and Kemper Roads.
2. **Nutrition Is The Mission** - The district has been serving meals including breakfast, lunch and dinner since the shut down in March. WW started distributing meals with 11 buses and 40 staff members. We then streamlined the operation by using 8 buses and 28 staff members. The district is currently hosting curbside food pick-ups on Tuesdays and Fridays and our Community Pantry is open twice per month. The highest number of meals served in one day thus far was 42,000, about 473,000 meals were served between March 18 and November 18. Students can

request (5) extra meals per week to serve as dinners. These dinners are provided by the Children's Hunger Alliance. We are basically using the "Distributed Dining" model at this point, so we are now prepared to implement this process in the new facilities.

The Freestore Food Bank has increased its quality of foods so we are serving "better/healthier" foods now. Fresh produce will be available for distribution in about 2 weeks donated by Castellini via the Free Store Food Bank. We serve an average of 70 families per event, when the pandemic first started we were serving approx. 150 families.

Thanks were given to our Food Service Department for their dedication and hard work.

3. **Build School Staff Programs for Wellness & Physical Activity/Fitness** - When COVID hit we were offering free yoga classes for district employees. Yoga was halted due to the pandemic and now we are focused on mental health. Unfortunately, our district missed our Health Screenings and Health Fair this year, We were still able to have the mobile Mammogram to serve 31 employees.
4. **NFL's Play 60 Physical Activity Program** – Students commit to exercising 60 minutes a day. We had a mini-obstacle course set-up with the help of the City of Forest Park's Fire Department and the Winton Woods Wellness Bus staff. The materials for the obstacle course were funded from a grant from the Cincinnati Bengals and the United Dairy Council. Funds from the same grant were also earmarked for the purchase of foodservice equipment to prepare and serve fresh fruit smoothies for school breakfast & lunch. The course is mobile and can be easily set-up indoors or outdoors. Transporting it and deploying it from the WW Wellness Bus is even an option for summer meal service for example. C.J. Uzomah from the Cincinnati Bengals (TE) came out to show support and enjoyed one of our smoothies. One of our Winton Woods gym teachers helped to distribute consent forms and get students signed-up for the event and the NFL Play 60 mobile app. Sadly we missed this event this year due to the pandemic.

Subcommittee Meeting Dates:

Safe Routes To School – TBD

Nutrition Is The Mission – TBD

Staff Wellness & Physical Activity – TBD

NFL's Play 60 – TBD

NOTES:

Guest Speaker - Andrea Bourgeois, Hamilton County Health Department

"It's been an interesting year for sure! Hamilton County has quite a few new employees and it's pretty hectic." She noticed that each school district has their own schedule for education. Many in Hamilton County are using a blended model of in-person education and virtual learning. She noted that Winton Woods has always been very solid when dealing with any issues that come up. She suggests that we focus on Mental Health for both students and staff. She compliments us for still holding these Wellness Team Meetings during a global pandemic. She also stated that if we would like to schedule a guest speaker to talk about a specific topic such as "Cooking in the Classroom" or "Trauma-Informed Care" or any other health or wellness-related topic, she can arrange a virtual guest speaker for the next meeting.

We all Thank Andrea for her time, expertise & support.

A comment is made that after reading a Linked-In study, the number 1 profession that is stressed out right now is Educators. Number two is Healthcare workers. We all agreed that it is very important to get active & moving, one of the gym teachers noticed how staff and students overall have put on weight and

are generally out of shape in the wake of the pandemic. He has been holding virtual scavenger hunts to get kids up and moving at home during his online classes.

It was suggested that we have some kind of staff give-a-way to let them know that the district is thinking about them. Here are some of the ideas thrown around: a flashlight that has a tag "You brighten my day," a squishy stress ball, Zoom exercise class, a virtual "Flashmob" or even a virtual cooking class. Our Benefits Specialists stated that Wellness Dollars from our insurance company can be used to purchase these items. The Middle School held an Amazing Race challenge to boost staff morale. It was noted that in general, when we support our staff, in turn it supports our students as well.

To-Do List

Contact Hamilton County Health Department or Talbert House to see if a guest speaker is available

Look into purchasing staff incentives

Look at ways to leverage staff wellness dollars in this time

Next Meeting: January 20th, 2021.