



“To Live, To Love, To Learn, To Leave a Legacy”

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Wellness Committee Agenda and Minutes

Date: Thursday 10/12/17

Time: 3:30-4:30 Conference Room

Invitees: Emily Piller (LSN), Diane Moeller (Principal), Jill Amsberry (Pediatrician), Allison Dudek (Stearns Co. Public Health), Danielle Ritter (Nutrition), Kelly Meyer (Health Services), Jason Fleege (P.E.), Amanda Voigt (Teacher), Cortney Ryan (Teacher/Parent), Amy Opatz (Para/Parent), Katy Westlund (Parent)

Attendees: Emily, Kelly, Cortney, Amanda, Jason

Materials Needed: Wellness Packet; Self Assessment Tool

Rotating Roles

Facilitator:	Agenda Maker:	Recorder:	Time Keeper:
Emily Williams	Kelly Meyer	Kelly Meyer	Amanda Voigt

Norms:

The purpose of this policy is to assure STRIDE Academy School provides a school environment that promotes and protects students’ health, well-being and the ability for optimal learning by supporting healthy eating, physical activity, and healthy student life skill/s development.

- Start on time and end on time.
- Be respectful.
- Stay on Task.
- Be an active participant.
- Come with a positive attitude.
- Assume goodwill and good intent from others
- Come with an open mind and an open heart.

Time	Item	Notes/Materials
5 Min.	Roles, Greeting, Agenda Review and Norms Review	In order to change we must be sick and tired of being sick and tired. ~Author Unknown
1 Min.	Follow-ups from last meeting	Amy Opatz will be stepping down from the Wellness Committee. Would like to see more parent & staff members on team.
30 Min.	<p>Complete School Health Index (SHI) & Overall Score Card</p> <p>Online Assessment Link</p> <p>Our reference number is: STRI449938</p>	<ul style="list-style-type: none"> ● Health Promotion for Staff Module ● Physical Education Module ● Family & Community Involvement Module <p>These were planned, but were no longer available.</p> <p>Completed:</p> <ul style="list-style-type: none"> ● Physical Education and Physical Activity Programs 73%; Concerns raised: <ul style="list-style-type: none"> ○ Not meeting the physical education hours goal- (goal is 150 min/week- this does not include recess, class breaks, etc) <ul style="list-style-type: none"> ■ K-2 is getting 140 min max ■ 3-6 is getting 50-100 min depending on week. ○ Recess minutes in handbook do not match what is offered. Handbook notes 25 min and we have only 20. ○ Some students are losing multiple recesses a week d/t behavior and/or missed assignments. <ul style="list-style-type: none"> ■ Concern about lack of options for getting work completed if we don't want to use recess. ● Health Education- 31% <ul style="list-style-type: none"> ○ Lack of professional development related to the topics. ○ Some aspects are part of science curriculum, but unsure how much/what topics are truly covered. ○ Discussed looking into more outside speakers on topics. ○ Look into collaborating with Dahir on the cultural aspects of this. ○ Growth & Development has previously been taught by the

		<p>teaching staff- would like to see this become part of nursing.</p> <ul style="list-style-type: none"> ■ Look into cultural aspects of this. Concern that some somali families have pulled children from this- are there concerns that reproductive issues are being taught? ■ Would a parent night be helpful? <ul style="list-style-type: none"> ● Social and Emotional Climate- unknown (web error) Believe it was around 71%. Working to fix issue. <ul style="list-style-type: none"> ○ Confusion about Second Step program. ○ Bullying is an issue in certain grades. Concern that it is not being fully addressed- lack of ideas, knowledge of handling on teacher part. <ul style="list-style-type: none"> ■ Consider new approach- pro kindness approach. ■ PAWS system is a good motivator, but is not visual enough- consider something more similar to the kindness chain used at elementary. <p>See attached scorecard for particular questions that had issues.</p>
5 Min.	Staff Communication - <i>What needs to be communicated to staff</i>	In need of new members; Kelly will send out an email.
5 Min.	Follow-ups/Items for Next Meeting/Outcomes/Process Check Next meeting will be scheduled via email. Rotating roles will be assigned.	Clarification needs to take place whether we are still using Second Step and if so, are all staff aware of it and how to use? - Cortney will follow up. Have completed all the modules needed for this time. Will meet again to discuss prioritizing our needs and goals and determine lead staff to arrange small task forces to meet these.
1 Min.	Appreciations, Best Lines, Closing	Thank you!