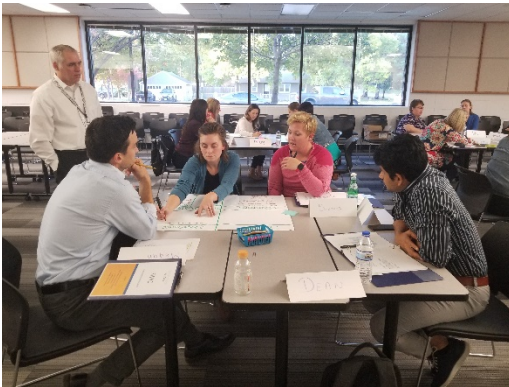


Osseo Area Schools Student Wellness Advisory Committee

October 8, 2019



“The *purpose* is to provide accountability measures for policy implementation.”

OSSEO AREA SCHOOLS
ISD  279



KEY POINTS	EXPERIENCE	
<ul style="list-style-type: none"> • Policy awareness • Great energy from parent members and community members in the council • Make wellness a priority for staff and students • Define wellness (WELCOA 7 pillars) • Not here to change policy-advise on implementations 	<ul style="list-style-type: none"> • “Be the nice kid”- good experience • Fun run • Outdoor field trips-vary with school • Lunch-love theme week pictures • Garden-to get experience with outdoor activity outside of sports • Parent has positive experience with 4star- 1st grade social/emotional support • Parent has positive experience with lactose free milk from nutrition staff at WD • Inconsistent signage/language at schools about allergies in lunch/classroom and for parties, etc. • Why pay for a bottle of water at lunch-(milk is included) • Waiting in line-no time to eat • Social media-mental health impacts • Tastier healthy food options-per student • Leaders need more concrete info (parameters) ex. Time of recess, smart snacks, non-food rewards- keep it the same across the district • Fuel to play 60-kids love it. Or other wellness grant 	
QUESTIONS	RECOMMENDATIONS FOR EVALUATION	
<ul style="list-style-type: none"> • Is there baseline data? • What are those questions and what were the answers? • Who is giving the feedback for the baseline data? • How has policy been implemented and communicated? • Are there other policies that intersect/support the behavioral component of wellness policy? • What are champion expectations? • How quickly can we update/make changes to the policy? • Are there current evaluations of systems in lunchroom ie how long does it take to get through the line? • What does wellness mean to the district? • Where are we addressing wellness for H.S. and middle school? • Can principles dedicate staff time for site leaders to collaborate with other site leaders-priority? • Organization chart-roles and responsibility • As members what can we do to implement change? • Who can take the policy and add social & emotional development? • How does social & emotional wellness get funded? (Title 4) • Has there been any benchmark studies on best practices elsewhere? 	What? <ul style="list-style-type: none"> • Rating scale-self evaluation • What are your wellness goals? • Very specific questions for survey (12 and under) • Consistency and accountability • Have principles informed their staff on wellness policy? • Who is champion? • Do they have wellness goals? • Student input • What source is being used to make your wellness initiatives? 	How? <ul style="list-style-type: none"> • Survey all stakeholders (students, parents, teachers, coordinators)- Google forms, survey monkey • Survey • Student voice • Wellness coordinators bring site leaders together to brainstorm ideas to implement district wide-support one another • Survey? Inquiry • ?Survey • ? Identify goal on survey-evaluate end of year • Student survey focus groups

Additional Thoughts/Comments:

- Create wellness champions each school location- volunteer vs volun-told
- Sleep/media impact and importance
- Stoplight approach to nutrition Red-Yellow-Green
- Green-eat/healthy, yellow-caution, red-stop
- Making wellness champion known to all students/families/staff
- Food allergy awareness/consistent messaging in schools/language
- Have an invested champion to work with principle on compliance and someone with a passion
- Make sure policy engages the high school students
 - *Mental health
- Add a section D: Social & Emotional Development
- Stress
- Anxiety
- Depression
- Sleep
- Media usage

1. Key Points	2. Experience
Not here to change policy - advise on implementations	1. Tastier healthy food options - per students (parameters) or time of mess 2. Leaders need more concrete info * Keep it the same SMART snacks Non-food rewards 3. Fuel to play 60 - kids love it. or other wellness grant
3. Questions	4. Recommendation - Evaluation
Organization chart - Roles + Responsibility As members what can we do to implement change? Who can take the policy and add social + emotional development? How does social + emotional wellness get funded? (Title 4?) Has there been any benchmark studies on best practices elsewhere?	What: How/primary informed their wellness policy? Who is champion? Do they have wellness goals? Student input What source is being used to make your wellness initiatives? How: Survey? Inquiry Survey? Inquiry Survey? Inquiry Survey? Inquiry Survey? Inquiry

1. Key Points	2. Experience
Policy Awareness - Great energy from parent members and community members in the council!	parent has positive experience with 4th → 12th grade social/emotional support - parent has experience w/ lactose free milk from nutrition class at WS - inconsistent signage/language at schools about allergies in lunch/dishes and for parties, etc.
3. Questions	4. Recommendation For Evaluation
How are Are there other policies that intersect/support the behavioral component of wellness policy? What are champion expectations How quickly can we update/make changes to the policy? Are there current evaluations of sections in lunchroom, i.e. how long does it take to go through the line.	What: very specific questions for survey (re and under) How: survey Student voice

1. Key Points	2. Experience
Make Wellness a priority for staff + students 2. Define wellness (WELCOA + pillars)	Why pay for a bottle of water at lunch - (milk is included) Waiting in line - no time to eat Social media - mental health impacts
3. Questions	4. Recommendation For Evaluation
What does wellness mean to the district? Where are we addressing wellness for HS + middle schools (An site-leader principals dedicate staff time for site leaders to collaborate with their site leaders - Priority?)	What: consistency + accountability How: wellness coordinator bring site leaders together to brainstorm ideas to implement district wide. - Support one another -

1. Key Points	2. Experience
	"Be the nice kid" → good experience Fun Run Outdoor Field Trips - away of school Lunch → love these week pictures Garden → to eat and experience of outdoor activity outside of sports
3. Questions	4. Recommendation For Evaluation
Is there baseline data? What were those questions and what were the answers? Who is giving the feedback for the baseline data? How has policy been implemented 2) communicated	What: Rating Scale 4-5 Evaluation What are your wellness goals? How: Survey all stakeholders (Students, Parents, Teachers, Coordinators) - Sample Survey - Sample Survey