WELLNESS COMMITTEE

Mission Statement:
The Wolf Creek Online High School Wellness Committee is dedicated to establishing and maintaining an environment that promotes general health by supporting the adoption of attitudes that contribute to positive well-being and providing information, activities and services designed to support healthy lifestyle choices.

NOTES

Wellness Committee Meeting notes : 2/11/10

Members present: Lindsay Jarombek, Tracy Quarnstrom and Sandy Flint

AGENDA

Updates on:
1) H1N1 Status – Expected to peak again in the Spring. We have not seen any increase in H1N1. There is also a surge of Norovirus and Rotavirus (commonly known as stomach flu) circulating. We will continue to encourage handwashing and other preventative measures.

Federal Nutrition Mandates -

SEE NOTE BELOW FROM KATHY BURRILL – CLHS Food Service Director

"There is no updates on the new USDA mandates for school lunch. They are in the process of working with the IOM (Institute of Medicine) and Congress to develop national nutrition standards. The Child Nutrition Reauthorization Act has been postponed until sometime this year, after the standards have been developed and agreed upon. When I have further information, or when a proposal is ready to go before Congress, I will let you know. The old bill has been scraped, and will be reformulated with the standards as proposed."

We will continue with updates as they occur.

Attendance Line - still seeing a learning curve with this. We have put another reminder into the TWC Student News. We will also be sure to tell new students about this expectation.

Focus Month updates – February was Focus Month at Wolf Creek. The activities offered included an teen improv group from CLHS. They performed a series of skits centered on bullying, texting and prescription drug use. We also hosted the Healthy U fair with a number of different Health related booths. These topics were incorporated into the OTIS class.

OTIS Healthy You updates – This term's OTIS had a focus on Health topics. This includes Healthy Relationships, Mental Health, Nutrition and Fitness, Bullying Prevention, and other Healthy Lifestyle topics. This will wrap up at the end of Term 3. There is a survey incorporated into the class asking students opinions on the class and class topics. We will report on the results of the survey at a later time.

New business:

Wellness Committee Mission Statement
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Wolf Creek Shape-Up Challenge for Spring of 2010

The Shape Up Challenge will be a 4 week campaign for health conducted by the Wolf Creek Wellness Committee.

TIMELINE: April 5th-May 3rd

GOALS of the SHAPE UP CHALLENGE

- Eat 5 – Eat 5 servings of fruits and vegetables daily.
- Sleep 7 – Get 7 hours of sleep each night.
- Relax 10 – Take time to relax for 10 minutes each day. Read, meditate, go for a walk, or listen to music.
- Move 30 – Daily exercise for 30 minutes. This can be broken down into smaller increments.
- 4 Me – This is a catch all for other healthy habits such as drinking water, and visiting the doctor and dentist.

The Wellness Committee will operate independently to give staff tools, tips, and resources to better their Health.
We will have a kick-off event and a wrap-up event. The exact activities are yet to be determined.
Lindsay will write a short article for the local newspaper at the conclusion of the Shape Up Challenge.
COMMENTS FROM LAST YEAR'S CHALLENGE:
From our conversation, we have the following to report about the Shape Up Challenge:

Everyone agreed that the challenge was worthwhile and would be interested in participating again next year.

Most people struggled most with the Eat 5 or Move 30 portions of the challenge. This could be a focus for next year.

Additional incentives people would like to see are:
- Reusable water bottles (in place of bottled water)
- Pedometers

Additional Activities people would like to see are:
- Group walk
- Time for individual walk/run (perhaps at 3pm after lab)

The emails were good – but the following could be added:
- Weekly Tip
- Weekly Challenge
- Weekly Recipe

Reporting the points was relatively easy. The "all or nothing" point system has its benefits and drawbacks. The benefits are that it encourages healthy habits and is easy to calculate. If we proceed with a Shape Up Challenge next year, separate from Medica, we may want to investigate a graduated point system. This point system would still have a relatively high minimum bar, and would also have a reasonable cap. This way someone who manages to "Move 25" and "Sleep 6.5" would still earn some points OR we will make the point system more flexible. If a staff member exercises for 20 minutes one day and 10 the next that would be the equivalent of "one check".

Members present: Lindsay Jarombek, Sandy Flint, Sheryl Palmquist, and Tracy Quarnstrom

>Seasonal Flu/H1N1 update –
H1N1 vaccine clinics for the district are still not announced. The vaccine has not arrived, and we do not know when that will occur. We are playing the waiting game. When the vaccine does arrive, we do not know how much supply there will be. Much of this is still unknown. We heard tentative dates in mid to late November (16-18), but that is looking unlikely. All vaccines will be the nasal mist.

Wolf Creek is still taking extra steps to clean common surfaces and remind students of healthy behaviors, such as hand-washing. There are many bottles/dispensers of hand sanitizers throughout the building.

>Attendance Line/Update –

The Attendance Line seems to be working well. Students are calling in when they are sick.

LMs need to be sure to remind students to call, if they are contacted personally. The new attendance line procedure is in the Newsletter to help all students and parents be aware of the change.

We are looking into changing the Student Handbook to reflect the changes in the attendance procedure.

>Federal Nutrition Mandates –

Lindsay has not been able to get in touch with CLHS to learn more about the nutrition mandates. She will attempt to contact again. Lindsay will also look up the mandates online to see if she find information on her own.

>Newsletter Ideas –

The Wellness Committee will continue with Newsletter additions this year. The short term schedule is listed below:

End of Term 1 – The Importance of Sleep and Seasonal Affect Disorder Awareness

Midterm term 2 – Overcoming Holiday Stressors

Wellness Committee Meeting - 9/22/09
Members Present: Sandy Flint, Tracy Quarnstrom, Sheryl Palmquist, Lindsay Jarombek
FLU PREPARATION

Lindsay will add seasonal and H1N1 flu information to the back of the October school calendar.

Heide has gotten in touch with Health Partners about information on the flu shot clinic for staff members. She will contact us will further information at a later date.

The committee will investigate the possibility of adding flu information to OTIS or somewhere else in Moodle.

It is important that Wolf Creek Learning Managers let students know the signs and symptoms of illness – Students should also report when they are ill. We will try to implement the following reporting system:

Student should call the Attendance Line (213-2032) everyday they are sick.

If students contact Learning Managers individually, the Learning Manager should tell the student or parent to call the Attendance Line.

Tracy will work with Taran and Sheryl to create the message for the Attendance Line and the managing of listening and recording the messages.

At the end of the week, an email will be sent to Learning Managers with the Attendance Line documentation to determine if there are any inconsistencies – a student contacted the Learning Manager but the Attendance Line, for example.

This procedure will be brought up at the staff meeting on 9/23/09.

NUTRITION GUIDELINE UPDATES

The Federal Government is developing new strict guidelines for food service in schools. Lindsay has received copies of the bills and will review them to present to the rest of the committee at the next meeting. We will also add this information to a future Newsletter making sure to note that Wolf Creek students and parents can write a letter to Amy Klobuchar/Al Franken showing support or disagreeing with new bill guidelines.

This year we will have a Taco bar for the Welcome Back lunch. This is in place of pizza.
We will also be incorporating books, bottles of water and subway cards as prizes/incentives in place of unhealthy foods.

5/27/09

Members in attendance:
Lindsay Jarombek, Tracy Quarnstrom, Sheryl Palmquist, Sandy Flint

- Year in Review

1) Welcome back lunch for students – We offered a taco bar (with veggie toppings and salad option) versus pizza.

2) Clementines and other fruit offered to students and visitors in place of candy at the front desk.

3) Vending machines are according to federal guidelines – with fat free snack options and diet beverages.

4) Wolf Creek has reduced the use of water bottles, using a reusable pitcher and glasses to serve water.

5) Healthy U Focus Month – speakers/presentations, Healthy U booths, mailings and handouts (How to stay safe, Parent anti-drug information sheet mailing, Parenting tips, etc.)

6) Two staff members attending the Shutting Off the Tap conference, with a focus on reducing teen alcohol use.

7) OTIS and Orientation classes incorporated information/assignments about Cyberbullying, how to avoid it and how to stay safe in the internet.

8) Ten Wolf Creek staff members participated in the Medica Shape Up Challenge. During this challenge the staff members were rewarded for increasing their healthy behaviors:

   a) Eat 5 servings of Fruits and Vegetables

   b) Sleep 7 hours

   c) Take 10 minutes for yourself

   d) Move 30 minutes a day

   e) Doing something healthy 4 yourself

9) Newsletter Contributions – a wellness bit was included in each newsletter that went out to every Wolf Creek family.

Future Plans

1) Next year may be a focus on drug, alcohol, and tobacco awareness/wellness

This will include a student survey about safety, alcohol, tobacco, drugs.

2) Wolf Creek with order copies of The Anti-Drug DVD. These will be passed out in conjunction with Wellness Speakers/ Presentations (or another time TBD as we see fit).

3) Shape Up Challenge Participation – Wolf Creek will participate in a Shape Up Challenge next year. This may not be through Medica, as we may be switching medical insurance providers. Regardless, we would like to participate in another challenge which may be run by Wolf Creek.

Meeting Notes 3-5-09

Medica Shape Up Challenge – Wolf Creek will be taking part in the Medica Shape Up Challenge this spring from April 6th to May 17th.

Wolf Creek employees will earn points for doing the following daily activities:

- Eat 5 – Eat 5 servings of fruits and vegetables daily.
- Sleep 7 – Get 7 hours of sleep each night.
- Relax 10 – Take time to relax for 10 minutes each day. Read, meditate, go for a walk, or listen to music.
- Move 30 – Daily exercise for 30 minutes. This can be broken down into smaller increments.
- 4 Me – This is a catch all for other healthy habits such as drinking water, and visiting the doctor and dentist.

With these points employees can earn prizes, gift cards and other incentives. Participation is optional, but encouraged. We will advertise this throughout Wolf Creek in hopes of modeling healthy behavior for our students.

Lindsay will send an email about the upcoming Shape Up Challenge to Wolf Creek Staff.
Reminders will also be sent out by Lindsay for Shape Up Challenge.
Participation interest will be investigated by Lindsay.

Meeting Notes- 10-21-08

TO DO/GENERAL ITEMS

1) Parent tips – emails from Sheryl , Possible Parent Tips on website OR Moodle OR group email?
2) Talk to Kelly Legg about Foods – concurrent?
3) Crockpot Demo – Sheryl to call Hope
4) Tracy to look into cost of water
5) Workout/Body Balls for student seating

6) Survey Results – Lindsay will compile and send out

NEWSLETTER/REPORT CARDS

Lindsay will compose a short Wellness bit for each Newsletter.

FUTURE TOPICS: Report Cards Term 1 – Seasonal Affect Disorder Tips; Midterm Term 2 – Holiday Stress; Report Cards Term 2 – Relationships; Report Cards Term 3 – Energy Drinks

CALENDAR ITEMS

OCTOBER

1) Letter to parents – from Sheryl

2) Survey – Lindsay emailed out link to survey. Thursday we hope to have the survey set to go on computers in the morning.

3) Investigation into program sharing resources

NOVEMBER

1) Tracy – internet safety and tips –List to parents. Revising internet safety policy.

2) Ergonomic specialist – Heide checking into

3) Hearing and Vision Screening – Sheryl checking into

JANUARY

1) Fitness Challenge

Wellness Committee Meeting
October 9, 2008

Attendance-Lindsay Jarombek, Sandy Flint, Sheryl Palmquist, Tracy Quarnstrom

The group brainstormed ideas for the year.

Plans and Ideas for 08-09

-Water Cooler – bring to school board

CONCERNS- Water in fridge is filtered, Water fountains
BENEFITS -Pitcher of water at school board, Getting away from plastic waste
REQUESTS -Hot water tap too!

-Incorporation of Wellness into Curriculum

EXAMPLE- Changing car lab to linear relationship between fat grams and calories, Development of Healthy Living class (Summer '09). Concurrent class with focus speakers.
RESOURCE- Use resources from program sharing conference,

-Making Contact with Parents

WAYS TO DO THIS- Email or Mailing,

- Making Contact with Students

WAYS TO DO THIS- Newsletter (see below), Email or Mailing, Bubble guru in Moodle, Facebook

- Fitness Challenge (for students OR staff)

- WiiFit

FUNDS

From donations (HealthyU)

- Conference MN Dept of Health – Sheryl and Brenda will be meeting with the MN Dept of Health to discuss online health resources

- Posture and Typing Specialist – visit to Wolf Creek to evaluate typing posture (contact Heide)

Newsletter Ideas for 08-09

TOPICS
What is in food at restaurants/fast food, Alcohol/Tobacco/Other drugs – Slang terms, What do drugs do to you?, Online Safety and Knowledge,Media messages/TV shows, Posture and typing,

Initiative Before Next Wellness Meeting

Conduct a survey to find out what kids are interested in! Please send me survey ideas/questions by Monday October 13th at 3pm. I will develop a survey with Emily.Once survey is developed we will give it to students. We can set up lab computers with notes. Maybe Monkey Candy?

Next Meeting Agenda

DEVELOP A CALENDAR AT NEXT MEETING, We will divide up duties for the 08-09 school year,

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Wellness Committee notes
March 24, 2007, 12:30 meeting

Committee met to read over the current wellness policy and discuss implementation procedures. Committee members are encouraged to read over the policy and we will meet again probably in April at some point.

It was decided that each member would donate some healthy items to be at café tables on April 1st to promote Health U month
Tracy Q water and oranges, Sandra F water and applies, Lindsay J water and bananas, Sheryl P water and choice fruit, Each member please bring a 20-24 pack of bottled water.
Lindsay J will make notes for water to say sponsored by the Wellness Committee. She will also make table tents for tables for the fruit. We will also try to promote the Wellness Committee to get a student representative on the committee.

Other ideas to promote wellness include:
-Adding health tips to the newsletters that go out to parents and students.
-Encouraging all staff to add physical activity to curriculum when appropriate.
-Encourage health choices for spring picnic and other food events at Wolf Creek.
-Work on more health choices for school store including 100 calorie packs possibly at a lower cost than chip choices.

Tracy Q noted that she will get the report from Chisago Lakes setting forth nutrition guidelines and procedures for foods in school lunches.

In May or June the wellness committee will need to report to the school board for our annual report.

The date for the next meeting will be posted as soon as we pick a date and time.

Wellness Committee Meeting
December 21, 2006 @ 2pm
In attendance: Sandra Flint, Elizabeth Lenz, Tracy Quarnstrom, Zack Burke, Elisha Schlipp.

Topic of discussion: Reword the phrase previously eliminated from the wellness policy as per board approval. The intent to place the phrase back into the policy and expand perameters.
Sandy Flint asked:
If all students are given the award, then would it be an award? Are we prohibiting other opportunities?
Elisha Schlipp said that if all students are given access to the food as a schoolwide event, it should not be considered an award.
All committee members agreed that a schoolwide reward "luncheon" would fall under the lunch program guidelines already in place.
Also discussed was the fact that the next schoolwide event was the potato bar. Everyone in attendance agreed that it would fall under the school lunch program. It would also qualify with the new language of the inserted phrase as the staff would be modeling healthy eating choices.
The old phrase deleted from the Wellness Policy:
Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

Healthy relations week is that against the wellness policy?
A reward that is linked to foods should promote healthy eating habits. Add the two words exclusive and unhealthy
So….
The charter school will not use foods or beverages exclusively as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment. If food is in any way part of a reward, it shall be linked to foods should promote healthy eating habits.

Wellness Committee Meeting
November 21, 2006 @ 1pm

In Attendance: Kris Sanders, Tracy Quarnstrom, Sandra Flint and Elizabeth Lenz

Sanders reported on the MDE Wellness Conference that she attended on 11/14/06. Handouts are available.
The committee will pursue a Wellness Mini-Grant from some funds for the Wellness Committee.

Wellness Committee Meeting
October 24, 2006 @ 2pm

In Attendance: Kris Sanders, Tracy Quarnstrom, Sandra Flint and Elizabeth Lenz

The group discussed making minor changes to the Chisago Lakes Wellness Policy #534 in order to bring it for a first reading the Wolf Creek school board meeting on November 14.

Kris Sanders will attend the Conference at MDE with an attempt to update our Wellness Policy and to ensure that we have all necessary components in place.

Wellness Committee Meeting
October 17, 2006 @ 2pm

In Attendance: Kris Sanders, Tracy Quarnstrom, Sandra Flint and Elizabeth Lenz

The group discussed whether to send a representative to the MDE Wellness Committee Policy workshop on November 14th. The conference is free and mileage and a substitute are both provided for from the MDE funds.

It was decided to adjourn the meeting until next week in order to investigate the Wellness Policy from Chisago Lakes to see if we can use that policy or need to create one of our own.
