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Agenda

10/21/20

4:00-5:30

1. Welcome
2. Purpose of the District Wellness Committee
 - a. Communicate and discuss goals for nutrition education, physical activity, and other school-based activities
 - b. Discuss nutrition guidelines for all foods available on each school campus during the school day
 - c. Ensure that the guidelines for reimbursable school meals are no less restrictive than those issued for the National School Lunch Program
 - d. Provide input on the implementation and evaluation plans of the local wellness policy
 - e. Promote community involvement; teachers, administration, school board, transportation, after-school program staff, parents, students, and other community members
 - f. Nutrition promotion
3. Develop the [2020-2021 Action Plan](#)
 - a. Kids may be looking for simple in-class activities that don't require their devices. So much of their life is virtual right now.
 - b. What other hobbies do they have outside of devices?
 - c. Keep virtual stuff for the kids that are virtual. When they are in class they can put away their devices.
 - d. Survey data showed that students wanted to see their teachers - connect with them and talk with them. They don't need apps and online subscriptions. They want to connect with one another through Google Meets and find joy when talking with each other.
 - e. A certain amount of technology is required but we want to make sure they are in the "now". Can put kids in breakout sessions to include students who are at home.

BYRON PUBLIC SCHOOL ISD #531

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- f. Get kids outside, doing science, baking, ensure they aren't on the screen all of the time!
- g. Teaching kids their digital footprint is important and how social media can be used appropriately. Helping them navigate with a device is important so they can use the tools to showcase their learning. They need to understand how damaging it can be to the social and emotional health of others. How can we help them become better digital users?
- h. Students with telephones at an early age and are learning as they go. Not enough learning about social media and are in digital playgrounds without supervision. Would benefit students and families to support them in learning how to teach their students and set limits.
- i. Real and fake information out on the internet. How to decide what is real and what is fake. Are kids being taught this in a class? Do all kids take the class? We need to help students determine what is accurate when they sift through information on the web.
- j. Perhaps we can consider bringing in Olmsted County to do a presentation on social media and what is healthy. Jodi Johannessen is the contact for this resource.
- k. Parents are using digital time is used as a reward for their child.
- l. Kids are given the opportunity to teach others about digital citizenship and that was a great way to help students and adults learn about how they use social media and technology. Newsletters and letters to the editor were part of the project.
- m. Little ones get outside every day so they are doing well. PTO purchased extra recess equipment so that they can stay socially distanced and still play; jump ropes, frisbees, movement with music. Many classes are outside if they can be held outside. Intermediate is doing the same. The gym is used as needed. Lots of outside classes, reading, and enjoying nature. More people are taking advantage of learning outdoors. A number of physical education classes at the high school, and can do lots of extracurricular activities. Tough to build in

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extra movement time at high school with the demanding academic standards. Lots of homework means less time doing other things.

- n. The curriculum can help students learn about nutrition, health, food, fitness in a health class during the 9th-grade year. Every student will be seen in 10th-grade health and more seeds of wellness will be planted.
 - o. Are there kids who can participate in activities that are from low-income homes? Some kids need to have a job and so they have to give up extracurricular activities.
 - p. Health and wellness of our staff. Mental health is a concern. They are “handling” it. How can we help staff ease their loads? Time is an issue for teachers.
 - i. Wellness Committee is working on helping provide support to staff through programs, incentives, speakers, events, and other pieces. Virtual calming space - that might be something we can easily create.
 - q. Student calming rooms have been created too. How can we make that more visible to our community? On our webpage as a button? Would parents appreciate it?
4. [Website](#)
5. Live Well: Byon Staff Wellness Update
- a. Monthly newsletter
 - b. Challenges and resources
 - c. Stress-free zones
 - d. Mental Health is the focus for this year
 - e. Bringing in area businesses to support staff well being
6. [Tri-Annual Report](#) is due at the end of the year.
- a. [WellSAT: 3.0 Scoresheet](#)
 - b. [WellSAT: 3.0 Assessment](#) to be completed by buildings
7. Future meetings:
- a. February 24, 2021, from 4:00-5:00 Virtual Meeting via Google Hangout
 - b. May 26, 2021, from 4:00-5:00 Virtual Meeting via Google Hangout

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