



Active Schools Workgroup
 Date: 12-8-11
 Location: Tipler Middle School
 Minutes taken by: Linda Baeten

Attendees:		
Linda Baeten, WCHD	Jamie Johnson, OASD	
Tracy Gehrke, WCHD	Connie Bernier, OASD	
Emily Dieringer, re:THINK	Bill Radtke, OASD	
Kim Biedermann, City of Omro	Andy Roloff, OASD	
Jayne Tebon, City of Oshkosh HD	Dave Kress, ECWRPC	
Shirley Rose, OASD		

Topic	Facilitated by:	Discussion	Actions	Who?
Welcome & introductions	Emily	Emily filling in for Scott. Gave a re-cap: how to get more physical activity into Oshkosh Schools. A draft of strategies for a pilot program at Oshkosh Schools based on the Active Schools Campaign, was handed out. Emily asked for feed-back.		
Feed-back	Emily	The group liked the vision and mission statements – simply put and gives the right message. Will appeal to partners in health to keep insurance costs down. Educators are a good group to address the issue.		
Strategy: Active Classroom Goal	Emily	Activity Breaks led by classroom teacher, not related to PE or recess. Could also incorporate into classroom curriculum.		
Active Classrooms: Who, what, where	Emily	<u>Pilot within a pilot</u> : start with a few interested/motivated teachers. Do not want to force anyone into it, rather have behavioral change. Perhaps a few teachers from each grade. Make it painless for teachers who want to do it. Totally voluntary, trial basis. Perhaps introduce it at an in-service. Indoor recess would be a good venue.		

Through effective community collaboration, re:THINK creates an environment that enables healthy lifestyle choices and deters substance abuse in order to improve the quality of life for all Winnebago County residents. This partnership would not exist without support from the Winnebago County Health Department and other local agencies, organization and community members.

P. O. Box 2080 | 112 Otter Ave | Oshkosh, WI 54903-2808 | 920.232.3000

www.rethinkwinnebago.org | rethink@co.winnebago.wi.us



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Ideas/Discussion		<ul style="list-style-type: none"> • "Gopher Sports" – Active Schools task cards (Andy) • Simon Says • Set up as a workshop for teachers • Put info on a Word Document • "88 Activities that Refresh or Refocus" (Jamie) <ul style="list-style-type: none"> ○ Conscious Discipline (breathing and stretching) ○ Need to justify physical activity with science ○ Handwriting without Tears (includes movement for K, 1, 2) ○ Can You Make a Scary Face (K) • Teachers could get a resource bag tailored to specific ages, or just make up their own bag. • Music – CDs such as "Toe, Knee, Chest, Nut" (Shirley) • Use a Rubbermaid Tub for materials. 	<p>Find cards</p> <p>Develop a template for resource document</p> <p>Have some of these materials ready the next time we meet. Check on copy write issues/costs.</p>	<p>Andy</p> <p>Emily</p> <p>All who have access (Jamie)</p>
Putting it together	<p>Teachers</p> <p>Emily</p>	<p>Need a collaborative time before kickoff. Invite anyone who would be interested. Keep Pilot simple – could open to other schools if only a few teachers are interested.</p> <p>Rethink will send a Google Doc out this group to fill out with activity ideas, then put this data into Excel and distribute back to the group. (To include: Activity, equip/supplies, set-up time, space needs, grade level, subject relativity, other...)</p>	<p>Have materials ID'd for the tub before the next meeting in January</p> <p>Look for a Google Doc before Christmas. Create a Word Document of ideas by January 20.</p>	<p>teachers</p> <p>Emily</p>
Next Meeting	Emily	<p>January 12, 2011 @ Tipler, Room 104, 3:30 pm</p> <p>Discuss other two components of Active Schools (Active Recess and SRTS)</p> <ul style="list-style-type: none"> • Address SRTS this spring. • Need to contact the YMCA regarding Active Recess leaders 		All interested

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