Wellness Council Meeting
Teams Meeting
February 16, 2021
1:30 - 3:30 p.m.

Desired Outcomes:
- Share knowledge of new Wellness initiatives to all students, staff, parents and community members within the group I represent
- Understand the role and responsibility of the Department of Health, School Health Professionals in both the virtual and in-person school environment

1:30  Welcome/Introductions             Ms. Jackson
1:35  Review Agenda                    Ms. Risse

Updates:
1:40  Wellness Council Meeting Debrief     Ms. Falls, Ms. Grizio, Ms. Walsh
1:50  School Wellness Highlights        Elementary, Middle & High Principals
2:00  Council Announcements             Council Members
2:10  Professional Development        - Health Services Ms. Escobosa, Ms. Martin
2:30  Brain Boost                      Ms. Cosby, Ms. Lofton
2:40  Feedback/Next Steps             Council Members
2:45  Close

Next Meeting:  March 16, 2021 - Teams – 2:00-4:00 p.m.
Welcome, Introductions

- Welcome to February

Review Agenda

Updates:

- Health Education, Physical Education/Activity Debrief
  
  - Physical Education will continue to work with the Equity Office to create and deliver professional learning opportunities for teachers and create a walk-through tool that embeds an equity lens
  
  - Health Education will continue to work with an equity focus, looking at the creation of a virtual library of resources for staff, including parents and students as partners, in development of curriculum and the website has been updated to include resources for students and families around stress and anxiety

- School Wellness Highlights
  
  - Elementary - see attached document for activities
    - Getting ready for Hybrid learning, good to have the students back
  
  - Middle School
    - Teachers and staff reminded to care for themselves
    - Staff on-line trivia – Annapolis Middle
    - Bates Middle – student services provide mental blocks
    - Crofton Mid – how value education
    - Community Wellness – Lindale – yoga, Zumba, and cooking
    - Old Mill Middle North – cocoa event
    - Staff mindfulness, wellness, communication
  
  - High School - see attached document for activities
    - Overview approaching hybrid learning and how to prepare students

- Council Announcements
  
  - Working with Department of Health – great relationship
  
  Vaccination Clinic, Contract Tracing, continue keeping children healthy
  
  - Conversation changing for the good – ethics and equity
  
  - Healthy Recipe sharing
- CRASC cares guiding your way to wellness
  - Reaching out to those at risk

- Professional Development
  - Ms. Escobosa

- Health Services
  - Ms. Balazek, Ms. Martin
  - Shout out to school system – everyone has worked so hard
  - Health Rooms will be stocked with PPE
  - COVID-case rate, hospitalizations, ICU-decreasing
  - School Health and Support Power Point presentation
  - 37,580 AA Co. residents have been fully or partially vaccinated to date
  - Anne Arundel County in Phase 1B
  - Working on Flo-sheet for contract tracing
  - Double masking extra layer, better fit
  - Below are two links for accessing information (Face Coverings & Confirmed Cases)
    https://phpa.health.maryland.gov/Documents/School%20Face%20Covering%20Upd%20ate%201%20-%208.28.2020%20FINAL.pdf

- Brain Boost
  - Ms. Cosby, Ms. Lofton
  - Close your eyes & focus on things that make you smile

- Feedback/Next Steps
  - Council Members
  - Next meeting March 16
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<thead>
<tr>
<th>School</th>
<th>January &amp; February Wellness Initiatives</th>
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<tr>
<td>Fort Smallwood Elementary</td>
<td>5 minute meditation or desk-yoga before staff meetings. Teachers recorded themselves preparing healthy</td>
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<td>snacks on the school announcements. Each Friday afternoon teachers join a Google Meet to practice some</td>
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<td>form of wellness (yoga, meditation, laughing, dancing, playing games).</td>
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<td>Central Elementary</td>
<td>Continued with schoolwide monthly wellness calendars, 12 days of kindness, planning for Fit February,</td>
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<td>weekly exercise activities shared on morning announcements, mindfulness strategies shared on morning</td>
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<td>Folger McKinsey Elementary</td>
<td>announcements, continued implementing positivity project</td>
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<td>Riviera Beach Elementary</td>
<td>Fitness Friday and Staff healthy recipe swap. For February: Feb. Fitness Challenge- Optional virtual</td>
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<td>challenge for students and families to complete at home for American Heart Month. Students who</td>
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<td>complete challenge will be recognized as Heart Heroes on our Tiger TV morning announcements.</td>
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<td>Glen Burnie Park Elem</td>
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<td>We continue to encourage student enrolled in the guys and ties group to attend with the introduction</td>
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<td>lesson on personal hygiene. The self care committee continues encouraging, uplifting and support our</td>
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<td>staff with live work out sessions, main meal, and smoothie recipes as well tips for self care and ways</td>
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<td>Van Bokkelen Elementary</td>
<td>to show self love. We have continued to share healthy recipes for snacks each week on our WCES morning</td>
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<td>Central Elementary</td>
<td>announcements. Additionally, we have a Family Fitness Night planned for 2/25.</td>
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<td>Eastport Elementary School</td>
<td>We now have virtual Wellness Room for teachers and staff. It is a google classroom with topic on</td>
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<td>stretching, yoga, breatwork, mindfulness, etc. Teachers and staff can go there and find 2-3 minute</td>
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<td>videos with strategies to support wellness.</td>
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<td>Windsor Farm</td>
<td>Mental health talks at CP</td>
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<td>Four Seasons</td>
<td>Our principal sends out positive quotes, shout outs, tips and humorous memes/games to lift our morale</td>
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<td>Severna Park Elementary School</td>
<td>and keep us connected.</td>
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<td>Tyler Heights Elementary School</td>
<td>Tyler Heights held their bi-weekly Community Resource Fair sharing fresh fruits, vegetables and</td>
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<td>proteins. We partnered with Broadneck High School to provide bilingual recipe cards for our families</td>
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<td>that gave them ideas for preparing healthy meals with the food that they received during our event.</td>
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<td>We also welcomed the One Annapolis team who shared information about the COVID-10 vaccine with our</td>
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<td>families. We served over 400 families at each event.</td>
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<td>Shady Side Elementary</td>
<td>Kids’ Heart Challenge</td>
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<td>February we are focusing on yoga. Members of our wellness committee are joining classrooms during</td>
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<td>Meade Heights Elementary</td>
<td>friends and fun time throughout February to do a short yoga class with students. We are also doing two</td>
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<td>staff yoga nights via google meet with a yoga instructor.</td>
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<td>Point Pleasant Elementary</td>
<td>Pather Fitness Club-6:00 AM through Google Meet</td>
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<td>School Name</td>
<td>Staff Wellness Activities</td>
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<td><strong>Annapolis</strong></td>
<td>Panther Connections “Every Teacher Every Month” Program to expand within SIT Charter</td>
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<td>(Every Teacher will be contacted 1x a month as a check in-a program growing off of a summer initiative)</td>
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<td>Virtual Coffee and Connect</td>
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<td><strong>Arundel</strong></td>
<td>Weekly Staff Yoga Classes</td>
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<td>Staff Wellness reminders during faculty meetings</td>
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<td><strong>Centered of Applied Technology – North</strong></td>
<td>Mindfulness practices faculty meetings&lt;br&gt;Virtual Walking Wednesdays</td>
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| Chesapeake | Creating Wednesday Wellness Workouts  
| Workouts were shared through YouTube links  
| Meditating  
| Pilates  
| Cardio  
| HITT workouts | Targeted counselor check ins with students  
| Mindless Moments  
| Deep Breathing Exercises  
| Meditations |
| Crofton | Wellness Committee meets once per month  
| Self-Care options for professional development for all staff, including:  
| • Comedy Improv  
| • Pilates  
| • Workout (Weightlifting and Exercise)  
| • Meditation  
| • Restorative Yoga  
| • Enhancing Air Efficiency with Timing  
| • Neurgraphica  
| • Self-selected/other topics with completion of Jamboard  
| PD on 2/3 was entirely focused on school-based rotations on self-care. Self-care/wellness sessions were also worked in during breaks during the Extended Equity PD on 2/10.  
| Currently considering offering yoga and other wellness activities during after school hours for staff and students.  
| Currently planning book study event for staff and students (Stamped by Reynolds and Kendi) with our Anti-Racism | Student Wellness block with lessons on Mondays  
| Mindfulness/Stress Relief/Calming strategies on each school counselors Bitmoji classroom  
| Crofton Conversations Podcasts by School Counseling Department. Shared on Google Classrooms and by ConnectEd message, Friday Cardinal Call messages, Twitter. Students and families can also submit topics for future consideration.  
| School counselors are also hosting Wellness Wednesdays Workshops focused on academic skills and Welcome All Wednesdays (formerly Free Play Friday) during FLEX Time on to help provide social experiences for students, both new to the community and for existing Crofton area students.  
| Wellness-related student clubs/activities – Basketball Club, Coking Club, Dance Club, Football Club, Students Against Destructive Decisions, Soccer Club, Wellness Club, Yoga Club  
<p>| Cluster-wide book study to support community social health and wellbeing (Arundel, Crofton, and South River school communities) during the month of March. All three feeders actively planning with community partners. |</p>
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<th>Workgroup to support social health and wellbeing. Book study will take place during the month of March.</th>
<th>Currently considering offering yoga and other wellness activities during after school hours for staff and students. Book study event on Stamped during the month of March. 2/3 Professional Development also focused on ways in which staff can work in wellness breaks with their students during class time, including: • Music Breaks • Never Have I Ever games • Scavenger Hunts • Guided drawing • Rock, Paper, Scissors • Share your pet • Depp breathing breaks • Chair yoga • Gratitude journals and self-care logs.</th>
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| **Mary Moss @ J. Albert Adams (December/January)** | Walking Club
Game night
Mindfulness activities |
| **Old Mill** | Heart Health Month Workouts (2)
Donut Drive By (possible)
Positive Post cards from Admin
Pride Awards
Monday Morning Messages
Biggest Loser Competition (cont.)
Coffee with Mikeska
Thank you notes from Community PRIDE Superstar Awards
Student Trivia Night
Planning of ELC (student equity team=Equity Leadership Council)
Participation in Racism in Athletics event
Various clubs
Morning Announcements Teen Talk (SGA) Weekly Patriot Post
Coffee with Mikeska
Grab and Go event in Community (grab school supplies from counselors stations out in community) |
| South River | Pets of South River Slide Show  
Wellness Committee Social Hour  
Bingo Night Social Hour  
Sustainable Wellness Plan (https://sites.google.com/aacps.org/srhs-sustainablefitnesspd/home)  
Cafeteria & Custodial Appreciation Luncheon sponsored by Administration, Secretaries and Counselors | English Dept: Rhetorical Yoga  
GCPA: Black History Month video for community block  
Chinese Honor Society/Chinese Club: Chinese New Year celebration  
Wounded Warrior Club: Bring a friend to increase membership and camaraderie  
Spanish Honor Society: Paint Night for Valentine’s day - stress relieving, relaxing and socializing  
AP Spanish and Spanish 3: Student need to stand up, stretch and then go look for objects around the house that fulfill different requirements  
Wellness Club: Loving Kindness Meditations with a focus on heart opening stretches | Hero Squad: Leukemia and Lymphoma Fundraiser ($2021 goal)  
Seahawk Sewers: Constructing COVID Face Masks  
Deliver to AAMC  
Interact: Friends of Felines - collect donations |
|---|---|---|
| Southern (December/January) | Happy Holiday Cards sent from admin to all staff members  
Completed 12 Days of Bulldog Wellness, where staff participated in the following activities:  
• Coloring for Adults  
• Walking Wednesday  
• Workout Wednesday  
• Stress Management  
• Music for Relaxation  
• Dancing for Fun  
• Paint Afternoon with NAHS  
• Yoga  
• Team Building  
• HITT Workout | Gratitude Lesson from Acts of Kindness Club  
NHS made and donated mask for patients  
Gratitude Letters  
New Year’s Resolutions | Turkey and Food Baskets for Families in Needs  
Spirit of Giving- AVID students collected donations, toys and gift cards for families |