AGENDA

Wellness Council Meeting
TEAMS Meeting
September 21, 2021
2:00 - 4:00 p.m.

Desired Outcomes:

- Share knowledge of new Wellness initiatives to all students, staff, parents, and community members within the group I represent
- Provide insight into how Staff Wellness, the Employee Assistance Program, and CareFirst work together to offer programs that will assist staff with achieving a healthier lifestyle
- Recognize the important role of each council member and actively participate in all meetings

2:00  Welcome/Introductions  Ms. Jackson
2:05  Review Agenda  Ms. Risse

Updates:

2:10  Wellness Council Debrief  Wellness Council
  - Highlights from Summer 2021
2:20  School Wellness Highlights  Elementary, Middle & High Principals
2:30  Council Announcements  Council Members
2:40  Professional Development  Ms. Lofton/Ms. Cosby
  - Employee Wellness
3:10  Brain Boost  Ms. Falls/Ms. Grizio
3:15  Subcommittee Updates  Ms. Risse/Ms. Walsh
  - Schedule Review & Responsibilities
3:45  Feedback/Next Steps  Council Members
4:00  Close

Next Meeting: October 19, 2021, TEAMS, 2:00 to 4:00 p.m.
Wellness Council Meeting Minutes  
10/19/2021  
Anne Arundel County Public Schools  
Virtual Teams Meeting

Attendees:

<table>
<thead>
<tr>
<th>Bernadette Martin</th>
<th>Amy Falls</th>
<th>Jenn Lombardi</th>
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<tbody>
<tr>
<td>Monique Jackson</td>
<td>Christiana Walsh</td>
<td>Jodi Risse</td>
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<tr>
<td>Kristin Bowser</td>
<td>Stacey Smith</td>
<td>Kathryn Feuerherd</td>
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<td>Stacey Mazeko</td>
<td>Vicky Cosby</td>
<td>Christopher Gordon</td>
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<td>Lisa Seaman-Crawford</td>
<td>Stacy Pellegrin</td>
<td>Erin Hysom</td>
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<tr>
<td>Catherine Steen</td>
<td>Melanie Parker</td>
<td>Isha Alston</td>
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<tr>
<td>JoAnn Escobosa</td>
<td>Joanna Tobin</td>
<td>Christine Crabbs</td>
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<tr>
<td>Carol Laverdiere</td>
<td>Maureen Grizio</td>
<td>Colleen Mallonee</td>
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<tr>
<td>Miesha Walker</td>
<td>Kimberly Winterbottom</td>
<td>Adam Zetwick</td>
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<td>Sue Chittim</td>
<td>Shirley Jackson-Avery</td>
<td>Ryan Voegtlin</td>
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<tr>
<td>Michelle Boone</td>
<td>Camryn Chehreh</td>
<td>Ann Heiser Buzzelli</td>
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<tr>
<td>Amy Baer</td>
<td>Barbara Balazek</td>
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Welcome, Introductions

- Thank you all for joining
- Welcome Dr. Tobin

Review Agenda

Wellness Council Meeting Debrief

- Wellness Scorecard – Ms. Walsh and Ms. Risse shared compiled feedback from the last council meeting. The Quick Link One Pager was shared which contains many helpful links for Wellness Council members.
  - Wellness Scorecard – how we’ll achieve 100% again this year
  - Scorecard quick links includes Teams, last year scorecard, this year scorecard, Scorecard page. We tried to group partners and assigned schools the same but there were a few adjustments
  - M. Jackson will send an initial scorecard email to principals.
  - Principal may designate someone or a team to attend the scorecard review, it does not have to be the principal

School Wellness Highlights

Elementary, Middle & High Principals

Elementary School Highlights

- Elementary Wellness Highlights October 2021.xlsx
  - Monthly Wellness Calendars shared with families
  - Try It Tuesday (try a new food item)

Middle School Highlights

- Middle School Wellness Highlights.xlsx
  - Fresh Air Friday
  - Mindfulness Activities
High School Highlights

**High School Wellness Updates October 2021.docx**

- Harvest for the Hungry
- Morning music requests

**Council Announcements**

- **Healing Through the Arts Series-Trauma and Grief.pdf**
- Coming soon – Healthy Food Guide for Brooklyn Park Pantry
- Shout out to Human Resources – wonderful resources in monthly bulletin
  - Review internet site for resources
  - Benefits Open Enrollment – October 25 – November 9, 2021
- Red Ribbon week 10/23 through 30th – Anti Drug

**Professional Development**

School Health Advisory Council
- **MSSHC Updates** Ms. Hysom
- **Maryland Youth Pandemic Behavior Survey Results** Ms. Balazek
- **Medical Cannabis Presentation** Ms. Balazek
- **COVID Updates Presentation** Ms. Siska-Creel

**Brain Boost** Ms. Lombardi
- **The Happiness Advantage**
  - Choose one tactic and retrain your brain

**Subcommittee Updates** Mr. Voegtlin
- **Trying It All Together** Ms. Jackson-Avery
  - Grant funds are being used to provide Health Insurance to students/families without
  - Substance Use Prevention and Intervention Team
    - Screening to determine recovery process
  - Crisis Behavioral Team
    - Calming Rooms
  - Program has waiting list
  - Behavioral Threat Assessment System
  - **Jamboard** was shared to collect feedback from the Council

**Feedback/Next Steps** Council Members

Close

**Next Meeting:** Tuesday, November 16, 2021, 2:00 to 4:00 p.m.