Wellness Council Meeting Minutes  
Tuesday, February 20, 2024  
Anne Arundel County Public Schools  
Ruth Parker Eason

Attendees:

<table>
<thead>
<tr>
<th>Jodi Risse</th>
<th>Christiana Walsh</th>
<th>Monique Jackson</th>
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<tr>
<td>Haydee Traver</td>
<td>Alba Morales</td>
<td>Alexis McKay</td>
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<td>Alicia Cuddihee</td>
<td>Amy Baer</td>
<td>Amy Falls</td>
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<td>Angela Hopkins</td>
<td>Ann Heiser Buzzelli</td>
<td>Asha Smith</td>
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<td>Bonnie Myers</td>
<td>Carrie Foye</td>
<td>Cathy Steen</td>
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<td>Cynthia Bischoff</td>
<td>Isha Alston</td>
<td>Jayne Hudson</td>
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<td>JoAnn Escobosa</td>
<td>Lea Jasper</td>
<td>Lisa Pitt</td>
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<td>Maureen Grizio</td>
<td>Melanie Parker</td>
<td>Michelle Boone</td>
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<td>Rachel Kennelly</td>
<td>Ryan Voeglin</td>
<td>Shirley Jackson-Avery</td>
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<td>Stacey Mazcko</td>
<td>Tracey Ahern</td>
<td>Vicky Cosby</td>
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<td>Stacey Pellegrin</td>
<td>Kaitlyn Stafford</td>
<td>Kelly Kooney</td>
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<td>John Francis</td>
<td>Lyndsay Huerein</td>
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Welcome, Introductions
Ms. Monique Jackson

Review Agenda
Ms. Jodi Risse

Updates:

Wellness School of Destination – Part 1
- Introductions and welcome from Principal Amy Guerke at Ruth Parker Eason School.
- Video Presentation
- Wellness is unique at Ruth Parker Eason. Students have unique circumstances.
- School is very intentional on the different areas of wellness, staff, families, students, physical, emotional, and professional while supporting each other.
- RPES welcomed a new Health Education teacher for middle school students and HS students who has transformed lessons to meet the diverse needs of their students.
- Students participate in Adapted PE, Unified Sports, and School Wide events.
- There are 15 Star Clubs which focus on various components of wellness.
- Ruth Parker Eason School’s pool allows students to learn water safety and have a lot of fun swimming.
- Multiple times a year, the local community provides experience for the students, such as firefighters visiting the school.
• Nutrition initiatives provide healthy choices for staff and families. The cafeteria staff has done an excellent job addressing nutrition and the unique needs of the students regarding special diets with texture modifications.
• Counseling, phycological and social services provide valuable resources for parents and families. They also provide relaxation clubs.
• Certified as a Green School. They maintain butterfly gardens.
• Weekly employee wellness meetings. Staff post Stars on the walls to recognize each other.
• Community Involvement: Knights of Columbus, Sunflowers for Sally, and Ravens Roost are all community partners who contribute to the school’s wellness initiatives.
• CAT North provided pasta dinners for the school.
• Challenge Day is hosted once a year with members of the OMHS swim team and police departments.
• Family Engagement - Clothing closet for students and families to shop. Holiday dinners.
• PTA sponsors Trunk and Treat
• Staff provide one night of respite care for families.
• Every quarter they celebrate the students’ achievements.
• Staff Appreciation Week – Families celebrate their teachers.

School Wellness Highlights

High School Highlights
Ms. Rachel Kennelly

Middle School Highlights
Mr. Adam Zetwick
• Marley Middle School Padlet with pictures
• Severn River Middle School Padlet with Pictures

Elementary Highlights
Ms. Alexis McKay
• Puppies Play Day with staff. Help with socializing puppies. Staff can take a 15 min break to help the puppies socialize.

Developmental Centers Highlights
Ms. Jayne Hudson
• Polar Bear Plunge
• Parent Night Out for parents
• Chocolate cover
• Black History Month
• Pizza Pasta and Salad Appreciation Night
• Paint Night for Staff with a retired staff member.

Early Education Centers Highlights
Ms. Shirlette Boysaw

Professional Development
Ms. Melanie Parker & Ms. Lisa Pitt

Physical Environment
• Creative suggestions were given on how to bring nature to spaces without natural light or windows such as posters, shower curtains with nature scenes. Work with facilities for implementation.

Council Announcements
Council Members
• During December and January classes were held for 60 participants on Rest and Relaxation Techniques
• Rise Conference was announced and will have a wellness track for participants.
• Food Services - March National Nutrition Month. National School Breakfast Week.
• Health Department highlighted Choose Nicotine Free Week
• Middle School Wonderland – Workshops for students such as yoga. Workshop on Narcan training. Disconnecting from devices.
• County Executive Office - Anti Bias Event to show students they are loved and supported.
• Monique Jackson shared the Chili Cookoff held at Central Office for staff was a success.
• RN Hiring Health Event - All-day brunch for staff wellness.

Wellness Destination – Part 2

Ms. Amy Guerke
2022 Winner – Ruth Parker Eason
Participants were able to visit various STAR clubs to see Wellness in Action.

Feedback/Next Steps

Council Members

CLOSE

Next Meeting: Tuesday, March 12, 2024
AACPS Board Room
2:00-4:00 p.m.