

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

Attendees:

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

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, psychological 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.