





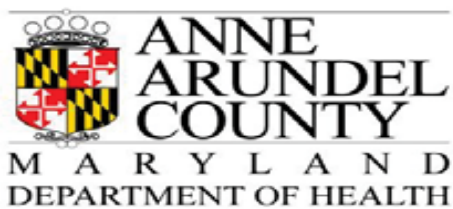
- Water Lead Testing being performed in schools
- All immunizations all of the time
  - o AACPS schools are 99.75% compliant
- 3<sup>rd</sup> Annual Trunk or Treat at Northeast High, October 13, 2018 from 5:00-7:00 p.m.
  - o Haunted House of Addictions
  - o Food Truck Rally
  
- Professional Development
  - School Health Advisory Council Update  
(see accompanying agenda) Ms. Alston
  
- Brain Boost Ms. Seaman-Crawford
  - Word Play
  
- Maryland School Wellness Scorecard Ms. Risse
  - Review implementation process Ms. Walsh
  - MSDE directive
  - Wellness Council team members will partner and visit four (4) school locations to include all schools targeting their wellness team
  
- Feedback and Next Steps Council Members
  - Come up with # for Wellness Council

# School Health Council

## AGENDA

**Tuesday, September 18, 2018**

**2:00 PM**



- Greetings
- **Anne Arundel County School Health Services Updates**
  - Health Officer Update
    - Welcome Acting Health Officer Billie Penley, MBA
  - Meet The Coach Night Presentations
    - Completed for Fall
    - Will continue for Winter & Spring
  - Not My Child Presentations Ongoing
    - Upcoming dates
  - Safe Stations Overview
  - Professional Development
    - Mental Health First Aid
    - Stop The Bleed
    - Trauma Triage
    - Active Shooter/ School Safety
      - National
      - Local
  - Concussion Case Management
  - Vision and Hearing Update
- **Upcoming Events of Interest**
  - Professional development day for school nurses October 23, 2018
  - Flu Initiative Title 1 Schools
- **Highlights**
  - NASN Conference Opioid Panel
  - Office of the President- Office of National Drug Control Policy
  - USA Today Article September 12
  - Stop The Bleed Training for all county employees

High School Wellness Updates – August/September 2018

School Name	Staff Wellness Activities	Student Wellness Activities	Community Wellness Activities
<p><b>Annapolis</b></p> <p>Theme: “Annapolis Shines”</p> <p>Description: “being well is simple” Showcasing and Sharing what AHS has to create a (we)llness community!</p> <p>Hashtag for Twitter: #ShineOn</p> <p><i>Please note that each month, AHS focuses on a theme for that month that are linked to one of the ten wellness initiatives as outlined in the AACPS Strategic Plan. This drives the student wellness activities, staff wellness activities, and the community events. This theme is advertised on the AHS Wellness Window (by the cafeteria), over the announcements, within Advisory lessons, and in weekly wellness emails to the staff and an Employee Wellness Board situated next to the sign in center. In addition, one of our School Improvement Team Charters, ‘Connecting Communities,’ actively works to implement these themes within our school community.</i></p>	<p>Staff Mindfulness Session</p> <p>Team Building Self-Defense Course hosted by East Coast Martial Arts</p> <p>Interactive Employee Wellness Board</p> <p>AHS Staff has free yoga opportunities on a weekly basis and other periodic opportunities for physical exercise throughout the year. Our school also offers an indoor walking path (“The Wellness Walk” for our members to use. Lastly, we offer healthy options in our vending machines.</p>	<p>Advisory Lessons linked to school wide project: what makes each individual “shine”?</p> <p>On a weekly basis, AHS provide teachers with wellness support through push ins and student pull out methods. The Wellness Coordinator facilitates this model and it is structured to infuse wellness into yet another aspect within our school community. In addition, the Wellness Coordinator offers services through yoga, mindfulness, and Restorative Practices within ISI on a weekly basis, too.</p>	<p>Freshman picnic</p> <p>AAMC @ Back to School Night</p> <p>Medal of Honor Ceremony</p>

<b>Broadneck</b>	Wednesday afterschool yoga for staff, healthy faculty lunches	Monday/Wednesday weight training open to all, Yoga session during Bruin Block on Tuesdays	N/A
<b>CAT-N</b>	EAP Resource sharing, passing of Positive Comment Journals	N/A	N/A
<b>CAT-S</b>	Walking Wednesdays, Meditation Mondays	Mindfulness practices via video announcements	
<b>Chesapeake</b>	<p>Do a brief needs assessment to find out what kind of wellness activities and events (in all 10 areas) staff are most interested in and likely to attend</p> <p>Weekly lessons – Zumba, Weight training, Yoga, etc., both with in-house providers and guest providers</p> <p>After school cooking club for staff to make and taste or make and take?</p>	<p>Do a brief needs assessment to find out what kind of wellness activities and events (in all 10 areas) students are most interested in and likely to attend</p> <p>Mindfulness Club offered to CHS students during A block on Wednesdays starting 9/26</p> <p>Cooking club?</p> <p>Speakers on various topics – to address the 10 areas of wellness – proactive, preventive, and preventive measures.</p> <p>Consider a student wellness representative to join the CHS wellness committee</p>	<p>Some form/forum of parent meetings to share initiatives so they are “on the same page with their kids” and reinforce positive steps in their children</p> <p>Creating a Wellness bulletin/newsletter and posting it on the CHS website (can be monthly or less frequent)</p> <p>Teaming with community partners to host wellness events in Pasadena</p> <p>Teaming with community partners to offer the Dena residents incentives/discounts to take wellness classes – gym, nutritional counseling, etc.</p> <p>Have a community group to supplement and complement the CHS Wellness Committee by assisting in reaching out to community partners and other businesses.</p>

<b>Glen Burnie</b>	Coffee in the Courtyard (every Friday); Staff yoga	N/A	N/A
<b>Meade</b>	Yoga/Mindfulness Club; Walk/Run Club	Yoga/Mindfulness Club (during PRIDE Period, once a week afterschool)	N/A
<b>North County</b>	Biggest Loser weight loss contest	N/A	N/A
<b>Northeast</b>	<p>Signature Program took 20 teachers to St. Michaels for a Human Performance Scavenger hunt connected to Health and Wellness. Teachers also participated in paddle boarding, kayaking, and a mindfulness cruise!</p> <p>Signature Program will host the "Biggest Winner" competition- the program will have 3 components: Healthy Mind, Body, &amp; Soul with weekly challenges. We will select the winner based on the % of fat decreased and the % of muscle increased- Business Partnership with Wreck room CrossFit in Glen Burnie.</p> <p>Signature Committee has started Mindful Mondays featuring a teacher who engages students with Active Mind, Active Body, or Active Soul</p>	<p>Signature Program started a Signature Girls Group for students to learn strategies beyond academics to live healthier lives</p> <p>MJROTC has opened up PT in the mornings from 5:30am-6:30am. All are welcome to attend!</p> <p>We have a NEW Empowerment PE course this year! Go GIRLS!! Our Signature Program has partnered with that course to have our Signature girls group be in both courses.</p>	Signature Program's Haunted House of Addictions-Signature Students will be educating the community on the consequences of the Opioid Crisis in Anne Arundel County. (First Community Action event for 2018/19) Business Partnership with the States Attorney's office.
<b>Old Mill</b>	<p>August: Kickball, Adult Coloring, Soccer, Wiffle-ball, Board Game Day, Sign making for first day students, Ghost Walks- positive classroom messages</p> <p>September: Wellness Walk Day, Board Game Day, Staff Bowling event, Weekly Staff Challenge- 3 smiles, 3 positive comments, etc.</p>	<p>August: Sidewalk chalk messages</p> <p>September: Medal of Honor Recipient Assembly, PRIDE fitness opportunities- gym/weight room</p>	September: Patriot Packages (All 3 groups)

<p><b>Severna Park</b></p>	<p>Fitness Lab and Tennis Courts this school year for faculty/staff use will be:</p> <p><b>Fitness Lab</b>—Fridays 2:30-3:45 p.m.  <b>Tennis Courts</b>—October 16<sup>th</sup>-February 28<sup>th</sup>, Monday-Friday, any time after Teacher Work Hours.</p> <p>Mindfulness PD during Opening Week for Teachers on August 29<sup>th</sup></p> <p>Each dept was given a “Positivity Perch” to be displayed and used in their dept planning room for the year. Sample pic attached.  The "Positivity Perch" is a bulletin board based on Positive Psychology and the science of wellbeing; it provides a positive intervention for educators throughout the building. The "Perches" include an area on the board for gratitude, an idea vision board, positive quotations, tools to boost relationships (e.g., stickers and positive Post-It notes), tools to be more mindful, stress reduction lavender hand sanitizer, and some tools to boost humor and laughing. The concepts of gratitude, mindfulness, relationships, laughing/play, goal setting, etc. are all backed by science to improve wellbeing and resilience. The starter kit is just the start of something that can grow individually within each department.</p>	<p>Advisory lesson scheduled for September 28 on student/faculty wellness as a part of STAR (Students Taking Action Responsibly).  PROGRAM DESCRIPTION: This school-wide program is designed to promote a positive and healthy learning environment for our school community by improving decision-making strategies, enhancing self-esteem, increasing the use of social support resources and preventing destructive behaviors. This year’s theme is: “What If?...Now what?”</p>	<p>STARS program applicable here as well</p>
<p><b>Southern</b></p>	<p>EAP Presentation to staff during opening week, breathing and relaxation techniques taught as part of presentation; faculty teambuilding</p>	<p>Swoll Society – afterschool workout club; Gym, cardio lab, and weight room open to students during Bulldog Block</p>	<p>SGA is planning for Homecoming kickoff – Color Run open to anyone in the community</p>



	at Arlington Echo; 8-week Yoga class started last week; monthly Wellness Bulletin – Wellness Wednesdays (sneakers and Fit Bit Challenge) and Bring Your Own Coffee Fridays (Cafeteria prior to student arrival); Run for the Lighthouse Event on 9/23 shared with all staff		
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