

AGENDA

Wellness Council Meeting
Anne Arundel County Public Schools
Ferndale Early Education Center
November 13, 2018
1:30 - 3:30 p.m.

Desired Outcomes: I can

- Share knowledge of new Wellness initiatives to all students, staff, parents and community members within the group I represent
- Understand the goals and activities for Employee Wellness and provide feedback regarding the most effective communication methods to reach all employees
- Explore and engage in student driven wellness activities at a Wellness School of Distinction



1:30 Welcome/Introductions Ms. Jackson

1:35 Review Agenda Ms. Risse



Updates:

1:40 Wellness School of Distinction Ms. Rice
- Ferndale Early Education Center

2:10 School Wellness Highlights Ms. Feuerherd
Ms. Kauffman
Mr. Kelly
Ms. Smith

2:20 Council Announcements Council Members

2:40 Brain Boost Ms. Tudor

2:45 Subcommittee Updates – Employee Wellness Ms. Cosby
- Review goals, activities and outcomes Ms. Lofton

3:15 Feedback/Next Steps Council Members


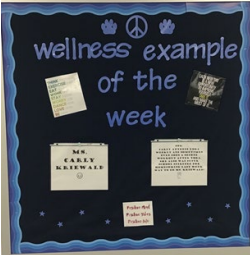
3:30 Close

Next Meeting: Tuesday, January 8, 2019
2:00 – 4:00 p.m.
AACPS Board Room

- School Wellness Highlights
 - Elementary Ms. Kauffman
 - Various schools taking part in Walk-a-Thons & Turkey Trots
 - <http://coreessentials.org/>
 - Middle School Mr. Kelly
 - How to be fit and walking activities
 - Bates Middle held a faculty meeting dedicated to Wellness
 - Financial Planning
 - Social and Emotional Wellness activities
 - High School Ms. Feuerherd
 - Wellness Highlights (see attached document) Ms. Smith
- Council Announcements Council Members
 - AACPS & Path Ways
 - Thursday's - Juuling
 - Annapolis, Don't Get Hooked
 - Great American Smoke Out, November 15, 2018
- Brain Boost Teresa Tudor
 - Beat exercise coordinating rhythm between partners and teams
- Subcommittee Update – Employee Wellness Theresa Lofton
 - Open Enrollment ends today Vicky Cosby
 - Are you familiar with credit points and how are they used
 - The less claims AACPS has, we receive points to be used for various trainings and outreach
 - Wellness Health Fair in spring, date to be determined
 - Feedback requested for Employee Wellness Subcommittee Goals and Activities
- Feedback and Next Steps Council Members
 - Wellness Score Card data entered through the Intranet
 - <https://intranet.aacps.org/Dept/Wellness/Pages/Scorecard.aspx>
 - No meeting in December, see you January 8, 2019

High School Wellness Updates* – November 2018

| School Name | Staff Wellness Activities | Student Wellness Activities | Community Wellness Activities |
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| <p>Annapolis</p> <p>Theme: “Feed the Soul”</p> <p>Description: passion/drive for a better self/giving back to the community</p> <p>Hashtag for Twitter: #Feedthesoul</p> | <p>Employee Night at Lighthouse Bistro</p> | <p>Harvest for the Hungry</p> | <p>Mission Boxes: Thanksgiving meals for those in need</p> <p>The Great American Smokeout with AAMC @ Public Library</p> |
| <p>Arundel</p> | <p>Mindfulness Session offered by counselors during in-house professional development</p> <p>Access to weight room for daily exercise</p> <p>Participation in wellness club</p> | <p>Wellness club meets weekly</p> <p>PE classes</p> <p>Cafeteria offers food/water that meets state guidelines</p> | <p>N/A</p> |
| <p>CAT-S</p> | <p>Mediation Mondays</p> <p>Walking Wednesdays</p> <p>Monthly Wellness Newsletter created by staff topics covered – Importance of self-care, exercise, proper diet...</p> | <p>Student created video broadcast announcements on growing all aspects of each individual the mind, body and soul.</p> <p>A second set of announcement have been created to inform our student population about the negative effects of drugs.</p> | <p>N/A</p> |

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| <p>Chesapeake</p> |  <p>Yoga Thursday for teachers</p> <p>Teacher lesson on the dangers of using JUULs</p> | <p>Mindfulness club during CHS hour</p> <p>Open Gym during CHS Hour</p> <p>Yoga for students during CHS Hour</p> <p>ROAR lesson on the dangers of using JUULs</p> |  <p>Wellness Bulletin Board</p> |
| <p>Old Mill</p> | <p>Dodgeball</p> <p>Yoga</p> <p>Game Day</p> <p>Soccer</p> <p>Basketball</p> <p>Volleyball</p> <p>Thank You Card Writing</p> | <p>Patriot Packages</p> <p>Wresting/Gym Incentive Areas for PRIDE</p> | <p>Patriot Packages</p> |
| <p>Northeast</p> | <p>Finishing up the Biggest Winner Competition- Final Body Scans in November</p> <p>Continuing Signature Mindful Mondays (please see handout)</p> <p>Walk-through tool includes MBE-Helping the teachers understand the scientific nature of student behavior that is based upon anxiety and depression that comes at the end of the quarter</p> <p>Stress reduction strategies- Giving students well defined choices</p> <p>Building relationships through a growth mindset</p> | <p>Signature is planning a wellness component to their December field trip to Baltimore</p> <p>Our SADD/Signature students attended the SADD conference</p> <p>Guest Speakers on overcoming obstacles in the fire department</p> <p>Healthy afterschool café offering healthy salads as an alternative to the vending machine</p> | <p>Interact Club-Coat drive for families in need</p> <p>Harvest for the Hungry</p> <p>Thanksgiving Baskets</p> <p>Back packs of Love</p> <p>Collecting change in baby bottles and submitted to St. Mary's center for orphan child</p> |

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| Severna Park | SGA sponsored Faculty/Appreciation Luncheon for American Education Week | Advisory lesson on “Drug Awareness” Advisory lesson on “STAR”—Mindfulness AACPS CRASC host at SPSHS the “Patriotic Partners: CRASC Supporting Military Connected Students” Conference | S2SP Club sponsored “Veteran’s Day Luncheon” to recognize and appreciate our veterans and active duty family members |
| South River (includes updates from the end of October) | Whole 30 Challenge Yoga after school | Yoga during NEST period Meditation lesson during NEST Students Against Destructive Decisions attend Anne Arundel Medical Center symposium to hear from speakers across the state in regards to various health concerns facing our youth | Central Special Halloween party, students from our school lead cognitive games for students at Central Special Halloween Cards for Hospitalized Children (Ronald McDonald House) Seeking Smiles club raise money for children's mental health charities |
| Southern | Monthly Wellness Bulletin – Wellness Wednesdays (sneakers and Fit Bit Challenge) and Bring Your Own Coffee Fridays (Cafeteria prior to student arrival) | Swoll Society – afterschool workout club; Gym, cardio lab, and weight room open to students during Bulldog Block Kindness Grows Here assembly for all students – theme: anti-bullying and message of “Who Do You Want To Be Right Now?” | Harvest for the Hungry |

* See August/September updates for activities that occur throughout the year