

- Welcome Megan Lopes from MSDE
 - o Fourth Wellness Survey will be sent to all school systems in the spring
 - o AACPS was 100% compliant last survey
 - o AACPS Wellness is a model for the state of Maryland
 - o Family Wellness Engagement Tool-kit
 - Parent to Go Work Shops
 - State School Health Council on line meetings every other month
 - Tobacco Free Kids Week (TFKW), February 10-16, 2019
 - o Tobacco-Free Kids Week will be held February 10-16, 2019. Last year 152 groups participated in TFK Week and so far, we have 106 groups who have registered. Our goal is to top that number this year! To participate, please register your event and order free TFK Week supplies from SmokingStinks.org. The deadline to register and order supplies is Friday, January 25, 2019! Also, the TFK Week Poster Design Contest is now available on our Smoking Stinks website. Feel free to check it out!
 - Thanksgiving & Christmas pantry providing healthy foods at North County Rec Center through a CHRC Grant
 - Office of Equity Reading Challenge
 - o #readwith me
 - o #aacpspowerupread
 - o Odenton, Eastport Neck and Glen Burnie Libraries entertain guest readers
 - o Monthly calendar using Orange Frog
 - Title 4 Federal Funds to increase green space for mental health
 - C&I Wellness Initiative – Downs Park – March 30, 2019
 - Professional Growth & Development at Carver at Night
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- Professional Development Ms. Siska-Creel
 - School Health Advisory Update
(see accompanying agenda)
 - Brain Boost Ms. Steen
Ms. Walker
 - Move It, Hussle and Huddle
 - Policy and Regulation Update Ms. Jackson
Ms. Seaman-Crawford
 - Healthy School Environment Policy EJ, Regulation EJ-RA
 - o SWOT Analysis completed
 - Feedback and Next Steps Council Members
 - February 12, 2019 Wellness Council Meeting will be held at Annapolis High from 1:30-3:30 p.m.

High School Wellness Update
December/January

School Name	Time Frame/Month	Staff Wellness Activities	Student Wellness Activities	Community Wellness Activities
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CAT-North	December/January	Biggest Loser Competition	Indoor Field Day Positive Phone Calls	
Annapolis HS	December/January December: <u>Theme:</u> "Sharing is Caring" <u>Description:</u> Give back, donate, spread the love <u>Hashtag for Twitter:</u> #CaringisSharing January: <u>Theme:</u> "ReNEW You" <u>Description:</u> A new you! <u>Hashtag for Twitter:</u> #CelebrateEveryday	Staff Christmas Cookies Exchange and "You've Been Elfed" Challenge Biggest Loser Chair Massages	Toy Drives Therapy Dogs Student vs. Faculty Soccer Game	Toy Drives ReNEW You Wellness Event
Old Mill HS	December/January December:	Pajama Day Faculty Pot Luck Holiday Sock Exchange Ornament Painting Meditation Session	12 Days of PRIDE	Well on our Way to Wellness Bulletin Board- lobby Giving Tree event

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December/January

	January:	Ugly Sweater and Door Decorating Contests Soccer Volleyball Basketball Cornhole Paint "Night" Schoolwide Social Gathering Staff Spirit Week Yoga Event through IB	Yoga Event Red Cross Blood Drive	Partnership w/local Elem. School
CAT-S	December/January	Walking Wednesday Meditation Monday	Individual teachers taking the mediation Monday learning and sharing with their students	
Southern HS	December/January	Continuation of Wellness Wednesdays and BYOC Fridays for both months Seated massages on December 12 Wellness rotations at December 4 faculty meeting (stretching, doodling, teambuilding)	Continued participation in Swoll Society Initial stages of forming a SADD chapter	

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December/January

		30 Day Happy Teacher Challenge for January - completed calendars = staff incentives		
Northeast HS	December/January	<p>Biggest Loser is starting on 1/7/19</p> <p>Grazing week before break: surprisingly there were a lot of healthy food options that teachers brought in to share</p> <p>Mindful Monday' s</p>	<p>Recent graduates came in on 1/4/19 to discuss how to be successful at college: healthy eating, healthy study habits, etc.</p> <p>Smoking Stinks- beginning planning stages</p> <p>Fitness for Life: Your Brain Loves the Gym- focus on how your brain and body work together to provide an overall wellness</p>	<p>Students were tasked with raising food for the Foodbank at the local united Methodist church. They feed several families and had a very low supply of food.</p> <p>Signature Program meetings provide healthy food. This week was a Panera bread salad with grilled chicken.</p> <p>Gave out 135 jackets to our community</p>

High School Wellness Update
December/January

			Signature Program is planning a health and wellness Summit	
Severna Park HS	December/January	<p>December: -Faculty/Staff Holiday Party at local restaurant -Faculty/Staff Holiday Gathering in school</p> <p>January: - “Self-Care” activities for faculty/staff to choose from to engage in:</p> <ul style="list-style-type: none"> • Participate in coloring a masterpiece , creating an origami animal, crafting in our Maker Space, or read a good book. • More Mindful, <p>Participants will continue the practice of cultivating quiet internal space through a brief</p>	<p>December Advisory lessons on: -Distracted Driving -Gratitude and Random Acts of Kindness -Healthy Living Habits</p> <p>January Advisory lesson: -Healthy Decisions</p>	

High School Wellness Update
December/January

		<p>opening meditation.</p> <ul style="list-style-type: none"> • Workout • Yoga • Play Guitar • Play Keyboard <p>Veils/Scarves, participants will use veils and scarves as a means of exercise through movements.</p>		
Broadneck HS	December/January	<p>Ugly Sweater Contest</p> <p>Staff Holiday Get Together</p> <p>Signature Experience after school which included: Creating calming bottles, oyster paintings and mindfulness activities</p>	<p>Tuesday Yoga during Bruin Block</p> <p>Student of the Month Recognition</p>	<p>Craft Bazaar</p> <p>Red Cross Blood Drive</p>

School Health Council

AGENDA

Tuesday, January 8, 2019

2:00 PM



- Greetings
- 1) **Emergency Preparedness- Mass Casualty Event**
 - Critical Incident Stress Management Course- \$50/person
 - Mobile Crisis/AACO Police providing training- Lt. Thomas
 - 16 hour training (2 days x 8 hours)
 - All School Nurses will be trained on June 18 & 19
 - Trauma bags in schools
 - Location of bags has been shared with AACO Police/FD and Annapolis City Police/FD. The location of the trauma bags is in a spreadsheet in Google Sheets.
 - Location and the locks are being checked by the nurses every month.
 - 2 bags had been moved by AACPS staff
 - 2 bags had been broken into by students. Items replaced
 - BOE Meeting- update on Trauma bags is on January 9th
 - Stop the Bleed Training-
 - Currently have trained SHS staff, 1 backup responder in each school, all health education teachers in Middle and High schools, and 200+ AACPS Old Mill HS students.
 - Working on developing a plan to expand this training- offer it to all principals and their staff
 - Reunification Plans- in the process of developing staffing model and emergency stock medications for a reunification site
- 2) **Substance Abuse Prevention-**
 - STAR (Screening Teens for Access for Recovery) telehealth program- update using doxy.me app.
 - All 12 high school nurses practiced on Dec 19 & 21st
 - All a few minor kinks still need to be worked out
- 3) **Professional Development Plans-**
 - Substance Abuse- determining impairment
 - Partnering with Capt. Carl Brooks, Division Commander, Harford County Sheriff's Office
 - Modified version of the Drug Recognition Expert (DRE) course and the Drug Impaired Training for Education Professionals (DITEP) curriculum. 4 hour course.
- 4) **Maryland State Department of Education-**
 - On-site review for Student Services and School Health- audit every 5 years
 - April 12th – will be working with AACPS and MSDE to prepare for this audit
- 5) **Maryland Board of Nursing- Certified Nursing Assistant training program**
 - We are interested in training program for:
 - Individuals who currently possess a CNA, and
 - Traditional Certified Nursing Assistant program