

Wellness Council Meeting Minutes
 October 22, 2019
 Marley Middle School
 Glen Burnie, MD

Attendees:

Adam Zetwick	Amy Baer	Amy Falls
Ann Heiser Buzzelli	Bernadette Martin	Cailet Holly
Caitlin Hall	Christiania Walsh	Christopher Gordon
Colleen Mallonee	Dennis Kelly	Erin Hysom
Gaston Gamez	Jennifer Lombardi	JoAnn Escobosa
Jodi Risse	John Ander	Kathryn Feuerherd
Kelly Purnell	Maureen Grizio	Melanie Parker
Monique Jackson	Nelson Horine	Ryan Voegtlin
Shirley Jackson-Avery	Stacey Mazcko	Stacey Smith



- Welcome, Introductions Ms. Jackson
 - Thank you, Ms. Winterbottom and Mr. Stanzione, for hosting today’s Wellness Council Meeting at Marley Middle School

- Review Agenda Ms. Walsh

- Welcome Student Board Member Cailet Holly, MacArthur Middle Ms. Risse



Updates:

- Wellness Council Meeting Debrief Ms. Risse
 - Wellness Scorecard, Assignments, Email to Principals Ms. Walsh
 Question Tips, Maryland Nutrition Standards and updated Schedule forwarded in email to all Council Members
 - An email will be sent out systematically to all Principals to respond to the Wellness Survey meeting request
 - 100% Response due by January 1, 2020

- School Wellness Highlights
 - High School Ms. Feuerherd
 - Wellness Highlights Ms. Smith
 (attached document)

 - Middle School Mr. Kelly
 - Wellness Highlights Mr. Zetwick
 - Bates Middle – Positive Quote Tags
 - MacArthur Middle – Book Club, Yoga
 - Severna Park Middle – Student vs Staff Sports Event
 - Crofton Middle – Giving Tree
 - Corkran Middle – Monthly Wellness Calendar
 Kindness Wall

 - Elementary School Mr. Gordon
 - Wellness Highlights
 (attached document)

- Subcommittee Updates Ms. Escobosa
Ms. Martin
 - In the process of updating Wellness Toolkit with STAR Program
 - Wellness Team Survey Results from School Nurses (attached document)
 - Contact your School Nurse at nurse(4-digit school code)[@aacps.org](mailto:nurse(4-digit school code)@aacps.org)

- Wellness School of Distinction Ms. Winterbottom
Mr. Stanzione
 - Marley Middle 2018 Recipient
 - Positive Referrals
 - Mindfulness Reflection
 - Flip Schedules
 - Round-up
 - Wellness Tour

- Council Announcements Council Members
 - Family Involvement web page
 - <https://www.aacps.org/Page/8080>
 - Next week is Red Ribbon Week, Drug Prevention
 - Unity Day, October 23, 2019

Elementary Wellness Initiatives: September & October
34 Schools

Timestamp	Email Address	Name	School	September / October Wellness Initiatives
10/17/2019 16:20:33	labarnes@aacps.org	Lorie	Severna Park Elementary School	We are using the "Try Happiness" for 21 Days and emotional health topics that was discussed during the Equity PD.
10/17/2019 16:22:11	mbollhorst@aacps.org	Megan Bollhorst	Millersville Elementary School	Social and Emotional Climate; Family Engagement; Community Involvement
10/17/2019 16:24:53	mlbrown@aacps.org	Melissa Brown	Shady Side Elementary	Change in cupcake policy/students sharing photos to build display of physical activity outside of school
10/17/2019 16:26:59	mbollhorst@aacps.org	Megan Bollhorst	Millersville Elementary School	Realizing I should have been more specific. Social Emotional Climate: Equity PDs, Unity Day, Unity Bulletin (kids sharing how to be kind) Family Engagement: Family Socials (Halloween Dance, Skate Zone); Prepping for Fun Run (11/9) Community Involvement: Food Bank - Harvest for the Hungry; Ronald McDonald House - Staff volunteer
10/17/2019 17:39:42	hkleiderlein@aacps.org	Holly Kleiderlein	Oak Hill Elementary	In August and September we had staff trainings to remind staff how to utilize Calming Corners in their rooms (the strategies work for adults too). Girls on the Run began in September. In October we had a self-care presentation during our Equity professional development session (which was also what we call a "snakulty meeting" where everyone brings food to share). We will also have our first grade level-hosted breakfast in the lounge this month. During both months we continued to have PBIS rewards for staff (special parking space, free lunch, favorite coffee/soda and snack delivered to their room, jeans day, duty coverage). During all classroom counseling lessons in September and October students participated in the Mental Health Minute. All students were reminded how to take deep breaths. Second grade students learned how to take a mental vacation!
10/18/2019 8:28:59	dclutz@aacps.org	Diana Clutz	Four Seasons	Sharing healthy recipes for pumpkin and pumpkin Seeds
10/18/2019 8:46:42	jmobley@aacps.org	Jennifer Mobley	Mayo Elementary	Mallard Fun Run
10/18/2019 8:51:41	gromeo@aacps.org	Gina Romeo	Crofton Meadows Elementary	Self Care PD for teachers, calming corners for our students, Pumpkin Run for students in Physical Education, Annual Fitnessgram Fitness Testing, Social Gathering Staff Luncheon
10/18/2019 10:14:46	mmoore1@aacps.org	melody moore	arnold	Providing treats in the teachers lounge to make people smile. motivational emails.

Timestamp	Email Address	Name	School	September / October Wellness Initiatives
10/18/2019 10:46:24	nfwilliams@aacps.org	Nicole Williams	Hebron-Harman ES	<p>Currently we are reviving our school's garden. We have 5 garden boxes that are being revived and replanted. At the end of September a group of 5th graders helped to plant kale, cabbage, cauliflower, and garlic. Our goal is to use what is harvested to give to our Healthy Weekends backpack program (families who receive a backpack of food for the weekend who may not otherwise have enough). We are working with a neighbor who has a sustainable and environment-friendly house and property, as well as our school's community liaison, and PTA to continue to revive and replant our garden this year.</p> <p>We also are implementing a policy to discourage cupcakes, cookies, and other foods to be used for birthday celebrations. A list of non-tangible and other ideas will be given to our parents as alternatives to food, but to also help celebrate our students' birthdays.</p>
10/18/2019 12:07:05	asabia@aacps.org	Allyson Sabia	Belle Grove Elementary	Movement Monday workouts, mindful moments at meetings, self-care PD, You've been boo'ed, staff get togethers
10/18/2019 12:16:04	cljones1@aacps.org	Chris Jories	Glen Burnie Park Elementary	<p>1) Implemented a sensory wellness walk in the lower hallway for students</p> <p>2) Guidance counselor modeled and led the staff in yoga exercises</p>
10/18/2019 12:19:39	mreiter@aacps.org	Megan Reiter	Ruth Parker Eason School	<ul style="list-style-type: none"> - Sponsor "spirit days" every other Friday for staff (and students) to dress around a theme (i.e., Pajama Day, Tie-Dye Day, etc.) - Mailbox treat delivered to all staff with candy - Sponsor a staff Halloween costume competition - Starting a Sunshine Wellness Fund to collect money for cards/gifts for momentous occasions (weddings, babies, retirements, etc.)
10/18/2019 13:03:05	lewwhite@aacps.org	Lauren White	Crofton Elementary School	Girls on the Run, HeroBoys, Dance Company, Dance Fridays during the morning announcements- the whole school gets up and dances, Kids Food Drive, Second Step, school counselor grade level lessons
10/18/2019 15:15:48	dhorn@aacps.org	Danielle Horn	Richard Henry Lee Elementary School	Healthy recipe share/walking club
10/18/2019 15:59:32	choyle@aacps.org	Cindy Hoyle	Hilltop	We started our Hilltop Walking Team for staff in September and walk twice a week.
10/18/2019 16:35:28	jmitchell@aacps.org	Jesse Mitchell	Quarterfield Elementary	Staff have been participating in an After School Walking Group on Wednesdays.
10/20/2019 21:05:31	chharris@aacps.org	Colleen Harris	Davidsonville	Stop the Bleed training for all staff
10/21/2019 8:24:50	kvezina@aacps.org	Kaitlin Vezina	Riviera Beach Elementary	<ul style="list-style-type: none"> -Staff after school walking club -Riviera Beach Running Club with students after school -Breakfast club -Fitness Friday (morning announcements)

Timestamp	Email Address	Name	School	September / October Wellness Initiatives
10/21/2019 8:42:32	ewright@aacps.org	Beth Wright	Fort Smallwood Elementary	<p>September to June - Wellness Wednesday. Each Wednesday morning on the school wide announcements students read a wellness tip. A different tip is read each week.</p> <p>October - 1st Annual Wellness Fair. Held on the first conference day (10/17/19) in the main lobby of the school. 5 vendors participated; AA County Health Department (provided materials), British Swim School, Brady Mental Health and Wellness, and Pasadena Jazzercise. Vendors offered discount rates or free classes/trails, prize wheels, giveaways etc.</p>
10/21/2019 9:03:17	achitwood@aacps.org	Amy Chitwood	Rolling Knolls	Move More (take more steps during the day, take a walk at night, take the dog for an extra walk, just keep moving!)
10/21/2019 9:11:37	awiles@aacps.org	Alyssa Wiles	Piney Orchard	<p>Health Services-nurse presented hand washing to kindergarteners 2 weeks ago.</p> <p>Physical activity-Our physical education teacher is running a club called Hero Boys. HERO boys is a running club at Piney Orchard that started in the Spring of 2019 in which boys directly benefit by improving their aerobic fitness. It also teaches boys the importance of setting a goal and then working hard to achieve that goal. Character is revealed through demanding physical challenges and HERO Boys are given the opportunity to become a leader, who sets a positive example through his actions and behavior among his peers.</p> <p>Social/Emotional-We have a Random Acts of Kindness Club that meets 1x a week.</p>
10/21/2019 9:19:22	vlewis1@aacps.org	Violet Lewis	Point Pleasant Resource Center	
10/21/2019 9:47:55	klhursh@aacps.org	Kaelin Hursh	Lake Shore Elementary	Staff stretching twice a month, Fitness Fridays
10/21/2019 11:04:08	schandler@aacps.org	Scott Chandler	Seven Oaks E.S.	Transitioning to water jugs for staff to reduce the use of plastic bottles
10/21/2019 13:43:16	cdeaver@aacps.org	Carrie Deaver	Pasadena Elementary	Creation of a Wellness Walkway, Put the Gardens to Bed, Re-vamping and pre-recording of morning announcements w/teacher exercise videos, Mix it Up Day, Staff Potluck Healthy Luncheons, Trunk or Treat, Race for Education, Recycling Education during lunches- focusing on milk cartons first, Unity Day, Wellness Wednesdays, Dress for Success Thursdays
10/21/2019 14:11:13	lfox@aacps.org	Courtney Oltman	Folger McKinsey Elementary	PTO provided "Allergy Awareness Training" for staff, Yoga club began, students participated in "Green Apple Day" where students participate in campus clean up and activities that align with sustainable Green School initiatives, taste the rainbow on morning announcements.

Timestamp	Email Address	Name	School	September / October Wellness Initiatives
10/21/2019 14:26:47	sesheckells@aacps.org	Samantha Sheckells	Woodside Elementary	1. Wellness Wednesday: On the announcements we give health tips, and demonstrate a short exercise. Students and staff take a 10-15 minute walk outside.
10/21/2019 16:47:25	zhaushalter@aacps.org	Zachary Haushalter	Rippling Woods Elementary	Health Education Initiatives, Guidance lessons, Mashed Potato Day, ESOL Soccer Club, Mental Wellness Initiatives, Anti-Bullying Initiative, PBIS Monthly Celebrations
10/21/2019 19:29:16	661456@aacps.org	kim della	windsor farm	walking club, boys on the run, girls on the run, race for education
10/22/2019 7:22:34	jlgreen2@aacps.org	Jessica Green	Cape St. Claire Elementary School	<ul style="list-style-type: none"> •Created a Wellness Committee and held out first meeting •Started a healthy snack schedule for grade level teams to bring to faculty meetings •Set a date for our Annual Wellness Fair •Creating a Wellness bulletin board to display in Hallway for children and staff •First grade field trip to Grauls, a chance to see healthy food options •Establishing healthy snack norms in the classroom •Implementing social and emotional lessons in all grade levels
10/22/2019 7:22:48	nkiehle@aacps.org	Noah Kiehle	Ridgeway Elementary School	Walk to school day on October 2nd (National Walk To School Day)
10/22/2019 8:29:11	ttanis@aacps.org	Tiffany Tanis	Nantucket Elementary	<ul style="list-style-type: none"> -Wellness Wednesdays -Color Run in the Spring -yoga/exercise programs for teachers -cpr training for teachers

Timestamp	Email Address	Name	School	September / October Wellness Initiatives
10/22/2019 9:45:53	bstreit@aacps.org	Brooke Streit	Germantown	<p>First Marking Period:</p> <ol style="list-style-type: none"> 1) National walk to school day October 2 2) Mighty Milers 3) Girls on the Run 4) Soccer Club?? 5) Dance Company 6) Make salsa using peppers from garden produce 7) Yoga and Massages on half days 8) Recess equipment to be color coordinated & sharing with the staff. 9) Run Around the School Exercise 10) Yoga Club 11) Positive Education- PD 12) 5th grade field trip skate zone <p>Second Marking Period:</p> <ol style="list-style-type: none"> 1) Jump Rope for Heart 2) Yoga Month in PE 3) Halloween Candy Donation 4) MP2 AHS Yoga program 5) Skate Zone 5th 6) Dance month- dances around the world 7) Cluster Event- ReNew You at Annapolis High School (Ms. Streit will be teaching a free bilingual yoga class) 8) Staff Yoga and Massages on Half Days 9) Giant Assembly 10) Yoga Club 11) Run Around the School Exercise 12) Mighty Milers 13) Girls on the Run 14) Soccer Club <p>All Year:</p> <ol style="list-style-type: none"> 1) Brain breaks 2) Chill Zone 3) Classroom Calm Corners 4) Outdoor Classrooms 5) Fixed/earned student breaks/walks around the building 6) Lunch Staff Monitoring (that every child is eating a meal) 7) Taste of the Rainbow- healthy food tasting 8) GoNoodle Plus 9) Chesapeake Wellness Walk 10) Book Buddies 11) Wellness Wednesday

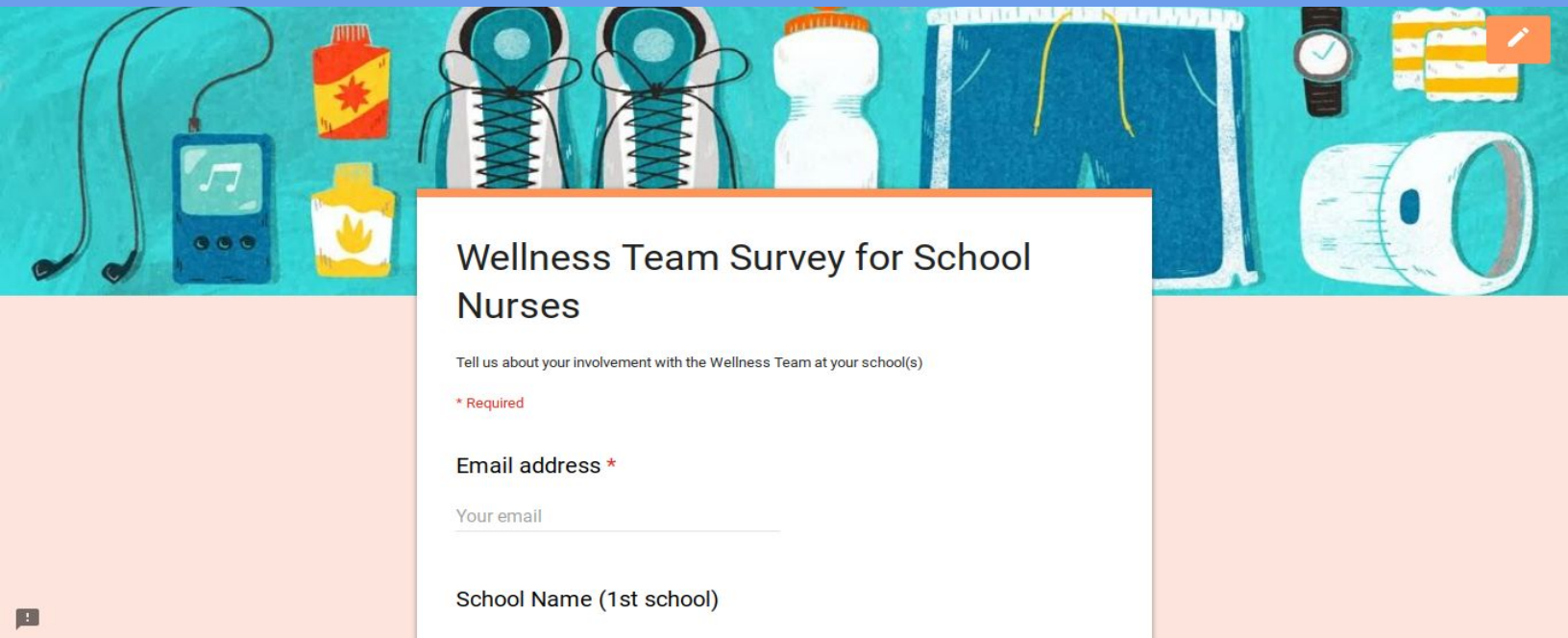
High School Wellness Updates – October 2019

School Name	Staff Wellness Activities	Student Wellness Activities	Community Wellness Activities
<p>Annapolis</p> <p>August/September:</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 Wellness Hour (Staff chose a wellness activity to partake in on 8/23: yoga (3 different levels and styles), kickball, and Arts Integration and Therapy Dogs)</p> <p>Team Building Wellness Day @ Arlington Echo on 8/28</p> <p>Meditation at the beginning of PD Days</p> <p>Interactive Employee Wellness Board-Self Care Bingo Challenge</p>	<p>Advisory Lessons linked to school wide project: what makes each individual “shine”?</p> <p>Club Fair</p>	<p>Freshman picnic</p>
<p>Broadneck</p>	<p>Whole school professional development at Goshen Farm on environmental topics, mindfulness, and wellness activities</p>	<p>9th grade orientation day included team building activities outside, Kona Ice truck and a pep rally</p> <p>Healthier Vending Machines this year</p>	<p>N/A</p>

	<p>PD focusing on wellness topics regarding student health & safety</p> <p>Yoga every Wednesday after school</p> <p>Healthier vending machine options</p> <p>Teacher/Staff Luncheon and Breakfast</p>		
Chesapeake	<p>Mindful Walk</p> <p>Yoga</p> <p>Weightlifting</p> <p>Meditation</p>	<p>Community Circles</p> <p>Team Building opening day</p> <p>Freshman Ice Cream Social</p>	<p>Back to school community dinner</p>
Glen Burnie	<p>Staff Amazing Race</p> <p>Wellness Wednesdays (Teacher selected wellness opportunities)</p>	N/A	N/A
Old Mill	<p>Kickball</p> <p>Soccer</p> <p>Board Games</p> <p>Sign-making for students first day</p> <p>Bowling</p> <p>Patriot Pointers- Thought of the Day</p>	<p>Spoken Word by Living the Example</p> <p>Freshman Social Event</p>	<p>Parent Orientation</p> <p>Wellness Board in Lobby</p> <p>Dept. of Health messages in Patriot Post</p>
Severna Park	<p>Mindfulness PD on Aug 28 for Teachers</p> <p>“Self-Care” days on Sept 9 and 16 at 2:30 p.m. for Teachers</p>	<p>Sept 27 STAR Advisory lesson on mental health and positive choices</p>	<p>“Talk Saves Lives”</p> <p>Sept 17 STAR Lecture Series</p> <p>Parent Night for mental health</p>
South River	<p>Aug/Sept - Distribution of the monthly Anne Arundel Agricultural Newsletter</p>	<p>Students welcomed back with cheerleaders, red carpet, bubble machines, marching band,</p>	<p>Promotion and celebration of the Crofton Farmers Market (Aug 28th)</p>

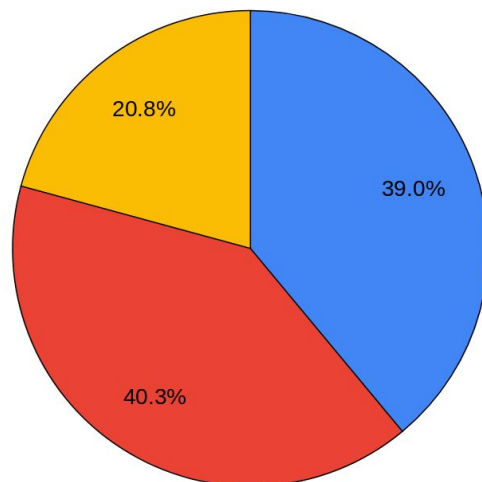
	<p>Song of the Day playlist as requested by teachers</p>	<p>and teachers lined up with welcome posters (Sept 3/4)</p> <p>Happy Birthday announced during morning announcements for students, including weekend birthdays</p> <p>Wellness Club: meditation and yoga</p> <p>Tasting of the Rainbow: Fresh local peaches provided</p> <p>Morning Announcements as part of National Suicide Prevention Week (Sept 8 - 14)</p>	<p>Aug/Sept - Distribution of the monthly Agricultural Newsletter</p> <p>Festival Latino (Sept 27th) - bringing together the entire SRHS and surrounding community with food, dancing, events and activities</p>
Southern	<p>Community circles</p> <p>Yoga</p> <p>Bring your own coffee</p> <p>Staff walks</p> <p>Staff recognitions at faculty meetings</p> <p>School improvement committee on wellness</p>	<p>Community circles</p> <p>Team building activities for 9th grade orientation</p> <p>Team building activities in advisory for all students</p>	<p>Board recognition for volunteer of the month</p>

Responses from 77 schools



Does your school have a Wellness Team?

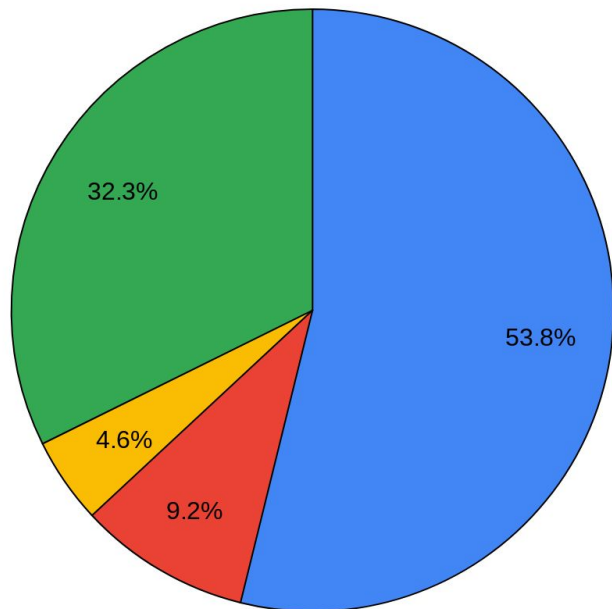
Does your school have a Wellness Team?



- I am not sure
- Yes
- No

If yes, what is your level of Involvement

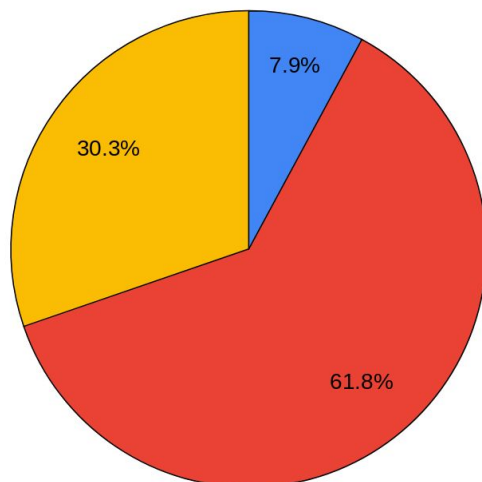
If yes, what is your level of involvement?



- None
- I am a member, attend meetings, and participate in the activities
- I participate in the team activities
- I am aware of the team and the wellness activities, but I am not involved

Is your School a Wellness School of Distinction?

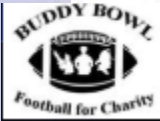
Is your school a Wellness School of Distinction?



- Yes
- I am not sure
- No

A-High Wellness Program

Save the Dates



2nd Annual Annapolis Buddy Bowl Flag Football:

Saturday, November 2nd, 2019

9AM-3PM on the Football Field

This donation-based community event is a flag football tournament to raise money for wounded veterans. Registration includes a T-shirt, lunch, and participation in the event (suggested donation: \$10.00 for student and \$20.00 for an adult). Gather a team of 7 and come out to support the "buddies" !



3rd Annual ReNEW YOU Yoga and Wellness Fair:

Saturday, January 25th, 2020

10AM-1PM in the AHS Cafeteria

This FREE community event brings awareness to the benefits of yoga and overall wellness. Participants sign up ahead of time for a yoga class of their choosing and can peruse our growing fair of wellness vendors with light, healthy refreshments after their class. Go get your yoga on!



oneLove

3rd Annual Annapolis Runs for Love 5K and 1 M walk:

Saturday, April 18th, 2020

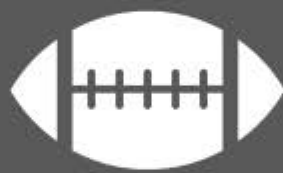
7:30AM-10AM on the AHS Track and Trails

This fundraising event raises money for the One Love Foundation which strives to educate about healthy relationships. Registration includes a T-shirt and participation in the event. Exercise for a great cause!



Keep a look out for additional information 4-6 weeks prior to these events on the A-High website, Twitter, and flyers sent home. Any questions? Contact Mrs. Connerton @ mconnerton@aacps.org

PASS, PUNT AND -PLAY- FOR A CAUSE



ANNAPOLIS BUDDY BOWL FLAG FOOTBALL GAME

SUGGESTED DONATION
\$10 STUDENTS
\$20 ADULTS

SATURDAY NOVEMBER 2ND
FROM 9AM-3PM
AT THE AHS STADIUM



SEE MRS. CONNERTON,
KYLE LEMING OR JENNA WOOSTER
FOR MORE DETAILS!



SIGN UP ONLINE

| WWW.BUDDYBOWL.ORG