

Wellness Council Meeting Minutes
 February 16, 2021
 Anne Arundel County Public Schools
 Virtual Teams Meeting

Attendees:

Adam Zetwick	Amy Baer	Amy Falls
Ann Heiser Buzzelli	Barbara Balazek	Bernadette Martin
Carrie Foye	Cathy Steen	Christiana Walsh
Christopher Gordon	Colleen Mallonee	Erin Hysom
Gaston Gamez	Isha Alston	Jennifer Lombardi
JoAnn Escobosa	Jodi Risse	Katie Lewis
Katara West	Kathryn Feuerherd	Kim Winterbottom
Lisa Seaman-Crawford	Maureen Grizio	Melanie Parker
Miesha Walker	Monique Jackson	Nelson Horine
Sarah Bonise	Sherry Cassilly	Shirley Jackson-Avery
Stacy Pellegrin	Stacey Mazcko	Stacey Smith
Susan Chittim	Theresa Lofton	Vicky Cosby



- Welcome, Introductions Ms. Jackson
 - Welcome to February
- Review Agenda Ms. Risse



Updates:

- Health Education, Physical Education/Activity Debrief Ms. Falls, Ms. Grizio
Ms. Walsh
 - Physical Education will continue to work with the Equity Office to create and deliver professional learning opportunities for teachers and create a walk-through tool that embeds an equity lens
 - Health Education will continue to work with an equity focus, looking at the creation of a virtual library of resources for staff, including parents and students as partners, in development of curriculum and the website has been updated to include resources for students and families around stress and anxiety
- School Wellness Highlights Elementary, Middle,
High School Principals
 - Elementary - see attached document for activities
 - o Getting ready for Hybrid learning, good to have the students back
 - Middle School
 - o Teachers and staff reminded to care for themselves
 - o Staff on-line trivia – Annapolis Middle
 - o Bates Middle – student services provide mental blocks
 - o Crofton Mid – how value education
 - o Community Wellness – Lindale – yoga, Zumba, and cooking
 - o Old Mill Middle North – cocoa event
 - o Staff mindfulness, wellness, communication
 - High School - see attached document for activities
 - o Overview approaching hybrid learning and how to prepare students
- Council Announcements Council Members
 - Working with Department of Health – great relationship
 - Vaccination Clinic, Contract Tracing, continue keeping children healthy
 - Conversation changing for the good – ethics and equity
 - Healthy Recipe sharing

- CRASC cares guiding your way to wellness
 - Reaching out to those at risk

- Professional Development Ms. Escobosa
 - Health Services Ms. Balazek, Ms. Martin
 - Shout out to school system – everyone has worked so hard
 - Health Rooms will be stocked with PPE
 - COVID-case rate, hospitalizations, ICU-decreasing
 - School Health and Support Power Point presentation
 - 37,580 AA Co. residents have been fully or partially vaccinated to date
 - Anne Arundel County in Phase 1B
 - Working on Flo-sheet for contract tracing
 - Double masking extra layer, better fit
 - Below are two links for accessing information (Face Coverings & Confirmed Cases)
 - https://phpa.health.maryland.gov/Documents/COVID%20response%20for%20schools%20with%20decision%20aid_Update%203_FINAL_1.7.21.pdf
 -
 - <https://phpa.health.maryland.gov/Documents/School%20Face%20Covering%20%20Update%201%20-%208.28.2020%20FINAL.pdf>

- Brain Boost Ms. Cosby, Ms. Lofton
 - Close your eyes & focus on things that make you smile

- Feedback/Next Steps Council Members
 - Next meeting March 16

School	January & February Wellness Initiatives
Fort Smallwood Elementary	5 minute meditation or desk-yoga before staff meetings. Teachers recorded themselves preparing healthy snacks on the school announcements.
Central Elementary	Each Friday afternoon teachers join a Google Meet to practice some form of wellness (yoga, meditation, laughing, dancing, playing games). Continued with schoolwide monthly wellness calendars, 12 days of kindness, planning for Fit February, weekly exercise activities shared on morning announcement, mindfulness strategies shared on morning announcements, continued implementing positivity project
Folger McKinsey Elementary Riviera Beach Elementary	Fitness Friday and Staff healthy recipe swap. For February: Feb. Fitness Challenge- Optional virtual challenge for students and families to complete at home for American Heart Month. Students who complete challenge will be recognized as Heart Heroes on our Tiger TV morning announcements.
Glen Burnie Park Elem	We continue to encourage student enrolled in the guys and ties group to attend with the introduction lesson on personal hygiene. The self care committee continues encouraging, uplifting and support our staff with live work out sessions, main meal, and smoothie recipes as well tips for self care and ways to show self love.
Van Bokkelen Elementary	We have continued to share healthy recipes for snacks each week on our WCES morning announcements. Additionally, we have a Family Fitness Night planned for 2/25.
Central Elementary	We now have virtual Wellness Room for teachers and staff. It is a google classroom with topic on stretching, yoga, breatwork, mindfulness, etc. Teachers and staff can go there and find 2-3 minute videos with strategies to support wellness.
Eastport Elementary School Windsor Farm	Mental health talks at CP Our principal sends out positive quotes, shout outs, tips and humorous memes/games to lift our morale and keep us connected.
Four Seasons Severna Park Elementary School	Staff Calendar of self care and checking in with colleagues Tyler Heights held their bi-weekly Community Resource Fair sharing fresh fruits, vegetables and proteins. We partnered with Broadneck Hight School to provide bilingual recipe cards for our families that gave them ideas for preparing healthy meals with the food that they received during our event. We also welcomed the One Annapolis team who shared information about the COVID-10 vaccine with our families. We served over 400 families at each event.
Tyler Heights Elementary School Shady Side Elementary	Kids' Heart Challenge
Meade Heights Elementary Point Pleasant Elementary	February we are focusing on yoga. Members of our wellness committee are joining classrooms during friends and fun time throughout February to do a short yoga class with students. We are also doing two staff yoga nights via google meet with a yoga instructor. Pather Fitness Club-6:00 AM through Google Meet

High School Wellness Updates – February 2021

School Name	Staff Wellness Activities	Student Wellness Activities	Community Wellness Activities
<p>Annapolis</p> <p>February’s Heart to Heart Focusing on self-love so as a way to build healthy relationships</p>	<p>Panther Connections “Every Teacher Every Month” Program to expand within SIT Charter</p> <p>(Every Teacher will be contacted 1x a month as a check in-a program growing off of a summer initiative)</p> <p>Virtual Coffee and Connect</p>	<p>Panther Den Pop Up Shop for Teen Moms on 2/14</p> <p>(An A High teacher’s bus has been decorated and converted to a classroom. We will be storing clothing racks and baby goods for our teen moms. On 2/14, the bus will be stopping at our students’ homes and allow them to “shop” for goods for their child, while following COVID safe protocol. This is a partnered program through AHigh, MD Hall, SheIS Inc., and Panther Pantry.)</p> <p>Reopening Committee established under the Wellness Program, consisting of custodians, secretaries, administrators, teachers, specialists, students, and parents to work together to assist the transition to hybrid learning.</p>	<p>Panther Den Pop Up Shop for Teen Moms on 2/14</p> <p>(An A High teacher’s bus has been decorated and converted to a classroom. We will be storing clothing racks and baby goods for our teen moms. On 2/14, the bus will be stopping at our students’ homes and allow them to “shop” for goods for their child, while following COVID safe protocol. This is a partnered program through AHigh, MD Hall, SheIS Inc., and Panther Pantry.)</p> <p>Virtual Career Fair planning to ensue with various community partners for our Change Engineering Program</p>
<p>Arundel</p>	<p>Weekly Staff Yoga Classes</p> <p>Staff Wellness reminders during faculty meetings</p>	<p>Weekly Yoga club offered to all students</p> <p>Numerous club activities/meetings held weekly</p> <p>Mindfulness lessons during community wellness lessons</p> <p>ALC created a new group to bring equitable practices to Arundel Athletics</p>	<p>Community Forum on Equity measures being instituted at Arundel</p>
<p>Centered of Applied Technology – North</p>	<p>Mindfulness practices faculty meetings</p> <p>Virtual Walking Wednesdays</p>	<p>Academy of Health Program mindfulness practices daily</p>	<p>N/A</p>

	Tuesday morning meditation		
Chesapeake	<p>Creating Wednesday Wellness Workouts</p> <p>Workouts were shared through YouTube links</p> <p>Meditating Pilates Cardio HITT workouts</p>	Targeted counselor check ins with students	<p>Mindless Moments</p> <p>Deep Breathing Exercises</p> <p>Meditations</p>
Crofton	<p>Wellness Committee meets once per month</p> <p>Self-Care options for professional development for all staff, including:</p> <ul style="list-style-type: none"> • Comedy Improv • Pilates • Workout (Weightlifting and Exercise) • Meditation • Restorative Yoga • Enhancing Air Efficiency with Timing • Neurgraphica • Self-selected/other topics with completion of Jamboard <p>PD on 2/3 was entirely focused on school-based rotations on self-care. Self-care/wellness sessions were also worked in during breaks during the Extended Equity PD on 2/10.</p> <p>Currently considering offering yoga and other wellness activities during after school hours for staff and students.</p> <p>Currently planning book study event for staff and students (Stamped by Reynolds and Kendi) with our Anti-Racism</p>	<p>Student Wellness block with lessons on Mondays</p> <p>Mindfulness/Stress Relief/Calmng strategies on each school counselors Bitmoji classroom</p> <p>Crofton Conversations Podcasts by School Counseling Department. Shared on Google Classrooms and by Connect-Ed message, Friday Cardinal Call messages, Twitter. Students and families can also submit topics for future consideration.</p> <p>School counselors are also hosting Wellness Wednesdays Workshops focused on academic skills and Welcome All Wednesdays (formerly Free Play Friday) during FLEX Time on to help provide social experiences for students, both new to the community and for existing Crofton area students.</p> <p>Wellness-related student clubs/activities – Basketball Club, Coking Club, Dance Club, Football Club, Students Against Destructive Decisions, Soccer Club, Wellness Club, Yoga Club</p>	<p>Cluster-wide book study to support community social health and wellbeing (Arundel, Crofton, and South River school communities) during the month of March. All three feeders actively planning with community partners.</p>

	<p>Workgroup to support social health and wellbeing. Book study will take place during the month of March.</p>	<p>Currently considering offering yoga and other wellness activities during after school hours for staff and students.</p> <p>Book study event on Stamped during the month of March</p> <p>2/3 Professional Development also focused on ways in which staff can work in wellness breaks with their students during class time, including:</p> <ul style="list-style-type: none"> • Music Breaks • Never Have I Ever games • Scavenger Hunts • Guided drawing • Rock, Paper, Scissors • Share your pet • Depp breathing breaks • Chair yoga • Gratitude journals and self-care logs 	
<p>Mary Moss @ J. Albert Adams (December/January)</p>	<p>Walking Club</p> <p>Game night</p>	<p>Mindfulness activities</p>	
<p>Old Mill</p>	<p>Heart Health Month Workouts (2)</p> <p>Donut Drive By (possible)</p> <p>Positive Post cards from Admin</p> <p>Pride Awards</p> <p>Monday Morning Messages</p> <p>Biggest Loser Competition (cont.)</p> <p>Coffee with Mikeska</p> <p>Thank you notes from Community</p>	<p>PRIDE Superstar Awards</p> <p>Student Trivia Night</p> <p>Planning of ELC (student equity team=Equity Leadership Council)</p> <p>Participation in Racism in Athletics event</p> <p>Various clubs</p> <p>Morning Announcements</p> <p>Teen Talk (SGA)</p>	<p>Weekly Patriot Post</p> <p>Coffee with Mikeska</p> <p>Grab and Go event in Community (grab school supplies from counselors stations out in community)</p>

<p>South River</p>	<p>Pets of South River Slide Show</p> <p>Wellness Committee Social Hour</p> <p>Bingo Night Social Hour</p> <p>Sustainable Wellness Plan (https://sites.google.com/aacps.org/srhs-sustainablefitnesspd/home)</p> <p>Cafeteria & Custodial Appreciation Luncheon sponsored by Administration, Secretaries and Counselors</p>	<p>English Dept: Rhetorical Yoga</p> <p>GCPA: Black History Month video for community block</p> <p>Chinese Honor Society/Chinese Club: Chinese New Year celebration</p> <p>Wounded Warrior Club: Bring a friend to increase membership and camaraderie</p> <p>Spanish Honor Society: Paint Night for Valentine's day - stress relieving, relaxing and socializing</p> <p>AP Spanish and Spanish 3: Student need to stand up, stretch and then go look for objects around the house that fulfill different requirements</p> <p>Wellness Club: Loving Kindness Meditations with a focus on heart opening stretches</p>	<p>Hero Squad: Leukemia and Lymphoma Fundraiser (\$2021 goal)</p> <p>Seahawk Sewers: Constructing COVID Face Masks Deliver to AAMC</p> <p>Interact: Friends of Felines - collect donations</p>
<p>Southern (December/January)</p>	<p>Happy Holiday Cards sent from admin to all staff members</p> <p>Completed 12 Days of Bulldog Wellness, where staff participated in the following activities:</p> <ul style="list-style-type: none"> • Coloring for Adults • Walking Wednesday • Workout Wednesday • Stress Management • Music for Relaxation • Dancing for Fun • Paint Afternoon with NAHS • Yoga • Team Building • HITT Workout 	<p>Gratitude Lesson from Acts of Kindness Club</p> <p>NHS made and donated mask for patients</p> <p>Gratitude Letters</p> <p>New Year's Resolutions</p>	<p>Turkey and Food Baskets for Families in Needs</p> <p>Spirit of Giving- AVID students collected donations, toys and gift cards for families</p>