

Wellness Council Meeting TEAMS Meeting September 21, 2021 2:00 - 4:00 p.m.

Desired Outcomes:

- Share knowledge of new Wellness initiatives to all students, staff, parents, and community members within the group I represent
- Provide insight into how Staff Wellness, the Employee Assistance Program, and CareFirst work together to offer programs that will assist staff with achieving a healthier lifestyle
- Recognize the important role of each council member and actively participate in all meetings

2:00	Welcome/Introductions	Ms. Jackson
2:05 Review Agenda Ms. Risse Updates:		
2:10	Wellness Council Debrief Highlights from Summer 2021	Wellness Council
2:20	School Wellness Highlights	Elementary, Middle & High Principals
2:30	Council Announcements	Council Members
2:40	Professional Development Employee Wellness	Ms. Lofton/Ms. Cosby
3:10	Brain Boost	Ms. Falls/Ms. Grizio
3:15	Subcommittee Updates Schedule Review & Responsibilities	Ms. Risse/Ms. Walsh
3:45	Feedback/Next Steps	Council Members
4:00	Close	

Next Meeting: October 19, 2021, TEAMS, 2:00 to 4:00 p.m.

Wellness Council Meeting Minutes 10/19/2021

Anne Arundel County Public Schools Virtual Teams Meeting

Attendees:

Bernadette Martin	Amy Falls	Jenn Lombardi
Monique Jackson	Christiana Walsh	Jodi Risse
Kristin Bowser	Stacey Smith	Kathryn Feuerherd
Stacey Mazcko	Vicky Cosby	Christopher Gordon
Lisa Seaman-Crawford	Stacy Pellegrin	Erin Hysom
Catherine Steen	Melanie Parker	Isha Alston
JoAnn Escobosa	Joanna Tobin	Christine Crabbs
Carol Laverdiere	Maureen Grizio	Colleen Mallonee
Miesha Walker	Kimberly Winterbottom	Adam Zetwick
Sue Chittim	Shirley Jackson-Avery	Ryan Voegtlin
Michelle Boone	Camryn Chehreh	Ann Heiser Buzzelli
Amy Baer	Barbara Balazek	

Welcome, Introductions

Ms. Jackson

- Thank you all for joining
- Welcome Dr. Tobin

Review Agenda

Ms. Risse

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Wellness Council Meeting Debrief

Ms. Walsh & Ms. Risse

- Wellness Scorecard Ms. Walsh and Ms. Risse shared compiled feedback from the last council meeting. The <u>Quick Link One Pager</u> was shared which contains many helpful links for Wellness Council members.
 - Wellness Scorecard how we'll achieve 100% again this year
 - Scorecard quick links includes Teams, last year scorecard, this year scorecard, Scorecard
 page. We tried to group partners and assigned schools the same but there were a few
 adjustments
 - M. Jackson will send an initial scorecard email to principals.
 - Principal may designate someone or a team to attend the scorecard review, it does not have to be the principal

School Wellness Highlights

Elementary, Middle & High Principals

Elementary School Highlights

Elementary Wellness Highlights October 2021.xlsx

- Monthly Wellness Calendars shared with families
- Try It Tuesday (try a new food item)

Middle School Highlights

Middle School Wellness Highlights.xlsx

- Fresh Air Friday
- Mindfulness Activities

High School Highlights

High School Wellness Updates October 2021.docx

- Harvest for the Hungry
- Morning music requests

Council Announcements

Council Members

- Healing Through the Arts Series-Trauma and Grief.pdf
- Coming soon Healthy Food Guide for Brooklyn Park Pantry
- Shout out to Human Resources wonderful resources in monthly bulletin
 - Review internet site for resources
 - Benefits Open Enrollment October 25 November 9, 2021
- Red Ribbon week 10/23 through 30th Anti Drug

Professional Development

School Health Advisory Council

• MSSHC Updates Ms. Hysom

• Maryland Youth Pandemic Behavior Survey Results

Medical Cannabis Presentation
 COVID Updates Presentation
 Ms. Balazek
 Ms. Siska-Creel

Brain Boost Ms. Lombardi

The Happiness Advantage

• Choose one tactic and retrain your brain

Subcommittee Updates

Mr. Voegtlin

Trying It All Together

Ms. Jackson-Avery

- Grant funds are being used to provide Health Insurance to students/families without
- Substance Use Prevention and Intervention Team
 - Screening to determine recovery process
- Crisis Behavioral Team
 - Calming Rooms
- Program has waiting list
- Behavioral Threat Assessment System
- <u>Jamboard</u> was shared to collect feedback from the Council

Feedback/Next Steps

Council Members

Close

Next Meeting: Tuesday, November 16, 2021, 2:00 to 4:00 p.m.