Wellness Council Meeting  
AACPS Board Room  
March 15, 2022  
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
- Participants of the Wellness Council will provide feedback on the April 20th Board presentation highlighting social-emotional learning and wellness instruction in AACPS.
- Increase knowledge and awareness of the school Nurses’ role in improving attendance and student readiness while supporting school-based Wellness teams

2:00 Welcome/Introductions  Ms. Walsh
2:05 Review Agenda  Ms. Walsh

Wellness Council Meeting Debrief  Ms. Walsh
- Board approved JECAA- Students With A Known Food Allergy

2:20 School Wellness Highlights  Elementary, Middle & High Principals
2:30 Council Announcements  Council Members

2:40 Professional Development  Mr. Voegtlin & Ms. Walsh
- Board Presentation

3:10 Brain Boost  Ms. Walker & Ms. West
- Community Involvement

3:15 Subcommittee Updates  Ms. Escobosa & Ms. Martin
- Health Services

3:45 Feedback/Next Steps  Council Members

4:00 Close

Next Meeting: April 19, 2022 – 2:00 – 4:00 p.m.  
Location: Board Room
Wellness Council Meeting Minutes
March 15, 2022
Anne Arundel County Public Schools
AACPS Board Room

Attendees:

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Amy Falls</td>
<td>Barbara Balazek</td>
<td>Bernadette Martin</td>
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<tr>
<td>Cathy Steen</td>
<td>Christiana Walsh</td>
<td>Colleen Mallonee</td>
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<tr>
<td>Cynthia Bischoff</td>
<td>Denise Anderson</td>
<td>JoAnn Escobosa</td>
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<tr>
<td>Kathryn Feuerherd</td>
<td>Kim Winterbottom</td>
<td>Maureen Grizio</td>
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<td>Melanie Parker</td>
<td>Michelle Corkadel</td>
<td>Miesha Walker</td>
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<tr>
<td>Monique Jackson</td>
<td>Shirley Jackson-Avery</td>
<td>Stacy Pellegrin</td>
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<tr>
<td>Stacey Smith</td>
<td>Susan Chittim</td>
<td>Vicky Cosby</td>
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<td>Wendy Marshall</td>
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Welcome, Introductions
- Welcome back to in-person meetings
  - Introductions
  - We are lucky to have you

Review Agenda
- Wellness Council Meeting - PowerPoint Slides

Wellness Council Meeting Debrief
- Board Policy JECAA – Students With a Known Food Allergy
  - Passed with no revisions
  - Posted to the AACPS Website

School Wellness Highlights
- Elementary School Highlights
  - Attachment
- Middle School Highlights
  - Attachment
- High School Highlights
  - Attachment

Council Announcements
- Well-Being Bundle during March Madness
- Carver Center
  - Offering virtual mindfulness sessions
  - March Madness PD sessions available
- Arlington Echo
  - Summer programs are open – camps are free
- Spring Wellness Staff initiative – May – webinars and yoga opportunities
- Middle School – Kindness Cup challenge; students producing a PSA –
  - Being an Upstander, will be on YouTube
- Nicotine Free Week – tobacco down, vaping is up

Professional Development
- Annual Wellness Board Presentation – April 20, 2022
  - April is Heart Healthy Month
  - Social and Emotional Learning and Wellness in schools
  - SEL- Why does this matter? What are the components? 4 reasons – academic, feeling positive, CCR and connections
  - Community Building Circles/Second Step program

Ms. Walsh on behalf of
Ms. Jackson

Mr. Voegtlin
Brain Boost
• Culture Tags

Subcommittee Updates
• Health Services
  • Reviewed Goals: Ensure students are able to participate in health and wellness activities at schools and School Nurses will support the health and wellness program of AACPS and advocate for school-based wellness teams.
  • Nurse turnover and health assistance turnover- on the rise.
  • Nurses- reviewing parent reported information, enrollment, reviewing allergies with café staff- 2x’s/year, review medical alerts (feel comfortable that this is happening)
  • Plan to update toolkit
  • Excited to be unmasked (choice) and meeting in person (choice)
  • Nurse should be part of/invited to Wellness Team meetings.
  • Students must wear a mask in the health room; CDC Guideline.
  • Kudos to our county for protecting the people and working together through the pandemic! Our county should be proud ❤

Feedback/Next Steps

Council Members

Close

Next Meeting: April 19, 2022 – 1:30 to 3:30 p.m.
AACPS Board Room