Wellness Council Meeting  
AACPS Board Room  
September 20, 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
- Make connections between Equity community partnerships and its support of the social determinants of health
- Recognize the important role of each council member and actively participate in all meetings

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<tr>
<th>Time</th>
<th>Session</th>
<th>Facilitator</th>
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<tbody>
<tr>
<td>2:00</td>
<td>Welcome/Introductions</td>
<td>Ms. Jackson</td>
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<td>2:05</td>
<td>Review Agenda</td>
<td>Ms. Risse</td>
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<td>2:10</td>
<td>School Wellness Highlights</td>
<td>Early Education Centers, Developmental Centers, Elementary, Middle &amp; High Principals</td>
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<td>2:20</td>
<td>Council Announcements</td>
<td>Council Members</td>
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<td>2:30</td>
<td>Professional Development Community Involvement</td>
<td>Ms. Walker &amp; Ms. West</td>
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<td>3:00</td>
<td>Brain Boost</td>
<td>Ms. Escobosa &amp; Ms. Martin</td>
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<td>3:05</td>
<td>Subcommittee Updates Schedule Review &amp; Responsibilities</td>
<td>Ms. Risse &amp; Ms. Walsh</td>
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<td>3:35</td>
<td>Feedback/Next Steps</td>
<td>Council Members</td>
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<td>3:45</td>
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**Next Meeting:** Tuesday, October 18, 2022  
Jones Elementary  
1:00-3:00 p.m.
Welcome, Introductions

Happy to be back for 7th year as Wellness Chair
This year we have a reduced number of meetings and are excited to get started

Review Agenda

Updates:

School Wellness Highlights

- High School Highlights - Sept
  - Welcome Back Banners
  - Calm Corner Boxes
- Middle School Highlights - Sept
  - Fresh Air Fridays
  - Wellness Walks for Staff
- Elementary Highlights - Sept
  - Waste Free Wednesdays
- Developmental Centers Highlights - Sept
  - Lunch Huddle Monday
- Developmental Pictures
- Early Education Centers Highlights – Sept
  - 3-year old’s in the building for the first time
  - Kindness Cards & Recipes
- Central Office Perspective
  - Easier for student to acclimate back to school
  - Transition into a new Superintendent

Council Announcements

- AACPS 99% compliant with immunizations visit www.myir.net
- October 3-31, 2022 - Harvest for the Hungry
- October 10-14, 2022 – National School Lunch Week
- October 19, 2022 – National Unity Day
- Brooklyn Park Healthy Food Pantry – Thursday’s from 5:00-7:00 p.m.
- March 6-10, 2022 – Nicotine Free Week
Professional Development
  - Community Involvement PD Presentation
  - Educational Equity Policy
  - Student Equity Advisory Team

Brain Boost
  - Origami Cranes
    - Japanese legend – a person who folds one thousand origami cranes will be granted a wish from the gods
    - Popularized through the story of Sadako Sasaki, a Japanese girl exposed to radiation from the atomic bombing of Hiroshima who became ill and set a goal of making one thousand paper cranes, completing 644 before she succumbed to her illness. In honor of her memory her classmates completed the remaining 365

Subcommittee Updates
  - Review this year’s calendar

Feedback/Next Steps

Close

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Jones Elementary