Wellness Council Meeting  
Anne Arundel County Public Schools  
Board Room  
March 12, 2019  
2:00 – 4:00 p.m.

Desired Outcomes: I can  
- Share knowledge of new Wellness initiatives to all students, staff, parents and community members within the group I represent  
- Review the Wellness Scorecard Data and participate in the development of the Wellness Presentation to the Board of Education  
- Understand the goals and activities for Physical Environment and provide feedback regarding the most effective communication methods to reach school communities regarding the work and services the Facilities Division and Environment/Outdoor Education staff provide.

2:00  Welcome/Introductions  
- Board Member Robert Leib  

2:05  Review Agenda  

Updates:  
2:10  Wellness Council Meeting Debrief  
- Community Involvement Subcommittee Update  

2:20  School Wellness Highlights  
Ms. Feuerherd  
Ms. Kauffman  
Mr. Kelly  
Ms. Smith  

2:30  Council Announcements  
Council Members  

2:40  Professional Development  
- Wellness Presentation  
Ms. Risse  
Ms. Walsh  

3:15  Physical Environment Subcommittee Update  
Ms. Seaman-Crawford  

3:45  Feedback/Next Steps  
Council Members  

4:00  Close  

Next Meeting  
Tuesday, April 9, 2019  
2:00 – 4:00 p.m.  
AACPS Board Room
Wellness Council Meeting Minutes  
March 12, 2019  
AACPS Board Room  
Annapolis, MD

Attendees:

<table>
<thead>
<tr>
<th>Ann Heiser Buzzelli</th>
<th>Brandi Dorsey</th>
<th>Caitlin Hall</th>
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<tbody>
<tr>
<td>Cathy Steen</td>
<td>Christiana Walsh</td>
<td>Christine Bloom</td>
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<td>Colleen Mallonee</td>
<td>Dennis Kelly</td>
<td>Isha Alston</td>
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<td>JoAnn Escobosa</td>
<td>Jodi Risse</td>
<td>Kathryn Feuerherd</td>
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<tr>
<td>Kelly Purnell</td>
<td>Lisa Seaman-Crawford</td>
<td>Maureen Grizio</td>
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<tr>
<td>Melanie Parker</td>
<td>Miesha Walker</td>
<td>Monique Jackson</td>
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<tr>
<td>Nelson Horine</td>
<td>Ryan Voegtlin</td>
<td>Savannah Quick</td>
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<tr>
<td>Shauna Kauffman</td>
<td>Sherry Cassilly</td>
<td>Shirley Jackson-Avery</td>
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<tr>
<td>Stacy Pellegrin</td>
<td>Stacey Mazcko</td>
<td>Stacey Smith</td>
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<tr>
<td>Teresa Tudor</td>
<td>Vicky Cosby</td>
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Welcome, Introductions       Ms. Jackson

Review Agenda       Ms. Risse

Wellness Council Meeting Debrief     Ms. Steen
  - Community Involvement Subcommittee Update       Ms. Walker
    o Comments and suggestions received from last month meeting
      such as:
      - Read with me challenge, high school students reading
        to elementary school students
      - Parent workshops to go
      - Professional Development Nights adjusted to needs of the school

School Wellness Highlights
  - Elementary       Ms. Kauffman
    o Faculty vs Faculty basketball game (school fundraiser)
    o Pot Luck lunch on Parent Teacher Conference Days
    o Escape Room
    o Jump Rope for Heart
    o Afterschool walking club
  - Middle School     Mr. Kelly
    o March Madness, students vs. faculty
    o Self-Care Bingo Board
  - High School      Ms. Feuerherd
    o Wellness Highlights       Ms. Smith
      (see attached document)

Central Office Highlights       Ms. Jackson
  - Employees (mother/daughter team) from Arundel and Lothian are
    doing great Wellness activities
  - Helen Mateosky formed a book study to help staff to get to know one another

Professional Development       Ms. Risse
- 100% Wellness Scorecard completion  Ms. Walsh
- April 3, 2019 Wellness Presentation to the Board revealed to council for comments and feedback

- Brain Boost  Ms. Grizio
  - We Connect  Ms. Walsh
    - We! Connect Cards

- Council Announcements  Council Members
  - Parent Summit at BWI, Unleashing Your Super Powers
  - Family Involvement Summit at BWI Airport Marriott – March 27, 2019
  - Health Fair at Magothy River Middle– March 30, 2019
  - Thank you to Northeast High, Brandi Dorsey and students for a phenomenal job at St. Johns College, Annapolis, last Friday
  - Living the Example at Northeast High – March 30, 2019
  - Immunization follow up for middle school students
  - Stop the Bleed offered to any schools and central offices
  - STAR (screening teams to access recover) live in all 12 high schools
  - Opioid Grant, prevention offered in all schools
  - Safe to Learn – Social & Emotional curriculum in all schools

- Subcommittee Updates  Ms. Parker
  - Physical Environment Goals and Activities  Ms. Seaman-Crawford
    - Water quality
    - Indoor air quality
    - Cleaning products
    - Acoustical quality
    - Occupant comfort
    - Outdoor classrooms; natural play spaces, use of gardens
  - Review Goals and Activities on OneDrive [Physical Environment Goals and Objectives](#)
    and submit comments to Ms. Parker and Ms. Seaman-Crawford no later than April 1, 2019

- Feedback and Next Steps  Council Members
  - April 9, 2019 Wellness Council Meeting will be held at AACPS Board Room 2:00 - 4:00 p.m.
<table>
<thead>
<tr>
<th>School Name</th>
<th>Staff Wellness Activities</th>
<th>Student Wellness Activities</th>
<th>Community Wellness Activities</th>
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<tbody>
<tr>
<td><strong>Annapolis</strong></td>
<td>Employee Night at Lighthouse Bistro Faculty Kickball Game</td>
<td>Student vs. Faculty Basketball Game</td>
<td>Guest Speaker Night</td>
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<tr>
<td>Theme: “Fuel the Soul” Description: Positivity and positive impact Hashtag for Twitter: #SoulFULL</td>
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<td><strong>Broadneck</strong></td>
<td>Yoga Wednesdays after school</td>
<td>Student vs Faculty Basketball Game raising money for the YWCA Bruin Dance A Thon to raise money for Johns Hopkins Children’s Center</td>
<td>Bruin Dance A Thon involves the community</td>
</tr>
<tr>
<td><strong>CAT-S</strong></td>
<td>Monday Morning Meditation Walking Wednesdays</td>
<td>Mindfulness Monday</td>
<td>N/A</td>
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<td></td>
<td></td>
<td>Student created and produced announcements educating their peers on methods to maintain a healthy cholesterol level. Student/Teacher created announcements on opioid education and prevention</td>
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Northeast

The Signature program is in the planning stages of creating an interactive April Wellness calendar for all staff.

The Signature program planned a day at the Y in Pasadena, for all Global Community Citizenship teachers to be trained. The training included a private yoga session, health and wellness giveaways, and healthy lunch from the café.

Staff family reunion after school. Administration provides healthy snacks and Care Bear awards to staff.

Biggest Loser wraps up at the end of the month

Our Signature SADD club went to the feeder elementary schools and presented different “Tobacco Stinks” lessons

Our school nurse featured the Tobacco Stinks pledges in the picture attached

Stop the Bleed Training presented by our Baltimore Washington Medical center business partner

The Signature program offered Narcan training for our parents during parent teacher conferences (Parent University event). We had over 50 people attend the training.

Guest speakers on effects of taking Opioids to treat a sports injury
| South River | 4<sup>th</sup> period Wellness - Track/lifting math department session  
| Whole30 challenge for mid-January through mid-February  
| Staff newsletter on healthy eating habits (on-going)  
| Roll-out of app “Move It” to use during planning periods  
| Sweet Treat Social (Feb 14) Tuesday  
| Media has created a section for adult coloring pages (mandalas) and materials in the teacher copy room, and a jigsaw puzzle for teachers to work on as “brain breaks” while waiting for the copier. | The SADD Club put on a Smoke-Free Awareness week from February 11-15, 2019. We had morning announcements, a 2/14 Advisory lesson, a pledge for the students to sign during lunch, and prizes.  
| Flash-mob of The Wobble and Cha-Cha Slide during NEST  
| Use of app “Move It” to use for brain breaks with class  
| Student musical performance for different types of music from the African-American diaspora for Black History Month  
| Sneakers for Senegal holding our second annual 5k race on March 30th. Proceeds donated to students in Senegal that are unable to afford shoes and uniforms.  
| Newly started Ping-Pong club for indoor activity | Valentine’s Cards (In both English and Spanish) for Hospitalized Children  
| Decorated and delivered socks to Anne Arundel Medical Center via Children’s Miracle Network  
| Anne Arundel Agricultural Newsletter sent to all SRHS shareholders  
| Quilting makers-space for Black History Month  
| Pastor present for Ash Wednesday |
| Media is displaying completed works of art on the wall | Wellness Club: February Focus opening the energies of the heart through meditation and gentle stretching. Wellness Club: March Focus; "lucky" greens – the benefit of green super foods. | Southern | Monthly Wellness Bulletin – Wellness Wednesdays (walking challenges, mindfulness articles, express appreciation to colleagues, stress booth); Bring Your Own Coffee Fridays (Cafeteria prior to student arrival); indoor walks after school on Mondays | Swoll Society – afterschool workout club; Gym, cardio lab, and weight room open to students during Bulldog Block | Fostering Kindness in Your Children – cluster-wide seminar for all parents on the evening of March 26 |

* See August/September updates for activities that occur throughout the year
Anne Arundel County Public Schools Office of School & Family Partnerships and the AVID (Advancement Via Individual Determination) Program

Invite you to attend a
Family Involvement Summit

Unleash Your Parenting Superpowers!

Wednesday, March 27, 2019 | 9:00 a.m. to 11:30 a.m.
BWI Airport Marriott | 1743 W. Nursery Rd, Linthicum Heights, MD 21090

Join us for an engaging and inspiring morning with educator Shauna King. Ms. King will help you Unleash Your Parenting Superpowers by sharing techniques to minimize stress, instill discipline and boost your child’s self-esteem. The presentation will be followed by the opportunity to share your thoughts with other parents through facilitated table discussions.

To register online go to www.aacps.org/summit. (preferred method)
You can also register by returning this form to School & Family Partnerships Office | AACPS, 2644 Riva Road, Annapolis, MD 21401

Family Involvement Summit
Unleash Your Parenting Superpowers!

Name

Street Address

Name of child's school

E-mail

Home/Cell Phone

Summit is free!

Space is limited—Register early

Daycare will not be available at this Summit.

Spanish interpreters will be present.

For other languages, please call 410-222-5418.
Escuelas Públicas del Condado de Anne Arundel, Oficina de Relaciones entre la Escuela y Familia, y el Programa AVID (Avance a través de la Determinación Individual)

Los invitan a asistir a una

Conferencia de Participación de Padres

¡Libere Sus Superpoderes Como Padre!

Miércoles, 27 de marzo de 2019 - 9 a.m. a 11:30 a.m.
BWI Airport Marriott | 1743 W. Nursery Rd, Linthicum Heights, MD 21090

Únase a nosotros para una mañana cautivadora e inspiradora con la educadora Shauna King. La Sra. King le ayudará a “Liberar Sus Superpoderes Como Padre” compartiendo técnicas para minimizar el estrés, inculcar disciplina y aumentar la autoestima de su hijo/a. La presentación será seguida por la oportunidad de compartir sus pensamientos con otros padres a través de discusiones facilitadas en su mesa.

Para inscribirse en línea vaya a www.aacps.org/summit. (método preferido)
También puede inscribirse para la conferencia regresando este formulario a la Oficina de Relaciones entre la Escuela y Familia,
AACPS, 2644 Riva Rd, Annapolis, MD 21401

Conferencia de Participación de Padres
¡Libere Sus Superpoderes Como Padre!

¡La Conferencia es gratis!
El espacio es limitado
Inscribase temprano

No habrá guardería disponible en esta conferencia.
Intérpretes en español estarán presentes.
Para otros idiomas, por favor llame 410-222-5418.
Total Wellness Fair

Open to employees, retirees and their families

Saturday, March 30, 2019
9:00 a.m. – 12:00 p.m.
Magothy River Middle School
241 Peninsula Farm Rd, Arnold, MD 21012

Visit vendors and take advantage of free activities!
- Providers and Information to support physical, emotional and financial wellness
- Smoothie Station
- Seated Massages
- Trail Mix Demo
- Meditation
- Blood Pressure Screenings
- Giveaways, Prizes & Raffles
- Complete your Wellness Passport for a chance to win a Fitbit!

Seminars offered by CareFirst
Coping with Stress at Work
9:30 a.m.|10:15 a.m.|11:00 a.m.
Finding Happiness in a Busy World
9:30 a.m.|10:15 a.m.|11:00 a.m.
Employee Well Being
9:30 a.m.|10:15 a.m.|11:00 a.m.

An Anne Arundel County Consortium Wellness Event
Hosted by Anne Arundel County Public Schools

#mindbodyandspirit
GREATER ANNAPOLIS, MD

April 7, 14, 28 and May 5, 12 | 4:30 p.m. race start

Anne Arundel Community College
101 College Parkway
Arnold, MD 21012

SCORING/DETAILS
- Points based on finish.
- Runners with the most points after final race win trophies.
- Tech T-Shirts and Race Bags for Full Series Participants!
- Medal for ALL runners at Week 5.
- This is not a drop-off event.

DIVISION | DISTANCE
---|---
Pre-K 2/3yr | 50 Yard Dash
Pre-K 4/5yr | 75 Yard Dash
K & 1st | 1/4 Mile
2nd & 3rd | 1/2 Mile
4th & 5th | 1 Mile
6th, 7th, 8th | 1 Mile

*All races will be the same distances each week.

$35 FULL SERIES* 
$10 PER RACE*

For more information, please contact Trish Eyerly at 443.239.2524 or at hkrsgreaterannapolis@gmail.com

HEALTHYKIDSRUNNINGSERIES.ORG