

## District Wellness Committee Meeting

January 6, 2021, 3:00-3:45/ Zoom

### Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)  
Suzanne Catholdi (WC DMH)  
Jennifer Peeso (Parent/SOAR)  
Lillian U (FLCH Health Advocate)  
Amy Bullard (SOAR)  
Stephanie Antonio (MS/HS Nurse)  
Students (Marsala C., Maddie P.)

Jessica Orchard (DELPHI, Student Wellness)  
Adam Bullock (Cornell Coop)  
Larry Lang (AD/VP)  
Sarah Marchitell (C-S MTSS)  
Jacquie Jantzen (Elem. Teacher)  
Sandi Bastedo (Cornell Coop)

### Program Updates:

#### **Staff Wellness**

- January's Challenge is a "Healthy Habits" Tracking Form
- Good Life Challenge begins 1/11 – staff received their cookbooks
- Biometric Screenings for post-GLC are being provided for FLASHP members/family with a \$20 GC incentive
- Staff SEL Screener will go out the week of 2/1

#### **Student Wellness Group**

- Working with Kelly Haining and Student Council to try and come up with stress-free activities/Fridays for students- Possibly before February Break (can work with DWC to get staff involved)
- Looking at creating cards for nursing home patients

#### **CATCH**

- **Middle School:**
  - Created a virtual MVP Board
  - Lesson #3 will be put in 6-8 FLEX Classrooms
- **Elementary School:**
  - Starting "CATCH" you being healthy
- Kristen Seyfried will make sure the January CATCH newsletter is disseminated to families through social media outlets (December was done)

#### **Cornell Coop**

- Looking at creating a physical activity cart for staff to use to promote/increase PA for students
- Working with PE teachers to incorporate more movement into classes in virtual instruction

#### **MTSS**

- Tier 2 supports are starting
- SEL Screener is going out week of 2/1
- Golden Tickets are being given to recognize students for healthy SEL behaviors and CATCH incentives in MS
- Partnering with Rochester Regional Health for telemedicine for MS/HS students starting fall 2021 – targeting students with no PCP/ students with Rochester Regional Health

#### **FLCH**

- Will be scheduling tabling in cafeteria during HS lunch in upcoming months

## **SOAR**

- Looking at creating a phone tree to check in on people in the community who may be feeling alone/isolated – will work with Student Wellness on this

## **Other DWC Business**

- None currently

## **III. Areas for Need/Focus for Next Meeting**

- Continue to think of staff/student wellness initiatives

## **IV. Next Steps**

- Kristen Seyfried will have the January CATCH newsletter, SOAR and FLCH information put on the school's website and social media

**\*Next Meeting: February 3<sup>rd</sup> - 3:00 Zoom**