

District Wellness Committee Meeting

October 7, 2020 3:00-3:45/ Zoom

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)
Amy Bullard (SOAR)
Tracey Clark (Fidelis)
Sarah Marchitell (MTSS Coord./ Elem CATCH Champion)
Suzanne Catholdi (Wayne County Mental Health)

Brooke Hartpence (Elem. Teacher)
Melanie Cerra (MS Counselor)
Jessica Kouzan (CCE-CATCH)
Larry Lang (AD/VP)

Program Updates:

Staff Wellness

- Over 20 staff participated in Self-Care BINGO
- Self-Care prizes were ordered and delivered (massagers, bath bombs, aromatherapy, etc.) and will be given as incentive prizes for challenges
- Staff were asked to sign up if they would like a standing desk - they have been ordered.
- The staff self-screener was sent to staff → we will use the results to determine needs and possible programming for staff
- Interested in doing the “It’s a Wonderful Run” as a staff. It would be virtual, but we could organize to run it through town all together (socially distant) and perhaps have families stand outside to cheer staff on.
- The LIFT Program may be postponed until January – this will be discussed further next month.

CATCH

- CATCH “Kick Off” Week will be October 19th for both the MS and Elementary School and will include daily announcements/ Infographics (MS – in FLEX Google Classrooms; Elementary – in their home-base Google Classrooms)
- MS CATCH Bulletin Board has been created and we will reveal our first round of MVPs during the Kick-Off Week
- Elementary school has created a Padlet with Staff CATCH Commitments that will be posted in Google Classrooms
- Sarah Marchitell (Elementary CATCH Champion) had her 1st CATCH Meeting and identified a staff representative for most grade levels – she has reached out to fill the open positions.
- A CATCH healthy eating poster and physical activity poster will be advertised on the school’s FB Page and the school’s website.
- Kristen Seyfried will make sure the October CATCH newsletter is disseminated to families through social media outlets (September was done)

SOAR

- October 22nd is the planning meeting for the Haunted Trails Halloween Event (Student Wellness Group is volunteering with this)

Policy

- Updated policy has been sent to building principals and major stakeholders for review → once reviewed, all changes will be approved by Michael Hayden and the policy will go to the board for approval

Other DWC Business

- None currently

III. Areas for Need/Focus for Next Meeting

- Potential planning for “It’s A Wonderful Run”
- LIFT Program Implementation and dates

IV. Next Steps

- Kristen Seyfried will have the October CATCH newsletter put on the school’s website and social media
- Kristen Seyfried will meet with Michael Hayden to finalize changes to the policy
- Kristen Seyfried and Melanie Cerra will determine the starting date, and dates, for the LIFT Program

***Next Meeting: November 4th 3:00 Zoom**