

District Wellness Committee Meeting
November 11, 2020 3:00-3:45/ Zoom

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)
Olivia C (FLCH Program Manager)
Tracey Clark (Fidelis)
Olivia Clinton (FLCH Health Advocate)
Jennifer Peeso (Parent/Cornell Coop)
Rebekah Champlin (Elem. Teacher)
Stephanie Antonio (MS/HS Nurse)

Mike Hayden (Superintendent)
Melanie Cerra (MS Counselor)
Jessica Kouzan (CCE-CATCH)
Larry Lang (AD/VP)
Sandi Bastedo (Cornell Coop)
Students (Marsala C, Maddie S, Maddie P)

Program Updates:

Staff Wellness

- Several staff participated in Deskersize BINGO and self-care prizes were given to randomly drawn winners – one staff who completed the entire board received a self-care grand prize (foot spa)
- More Self-Care prizes were ordered (massagers, coloring books, lotions, etc.) and will continue to be given as incentive prizes for challenges
- November’s Challenge is a “Thanks and Planks” Challenge
- Thankful gifts will be given to staff the week of Thanksgiving
- Standing desks were delivered – some were shorter than expected, so laptop risers were ordered for staff who requested them
- Staff self-screener was sent to staff → Need to determine what supports staff need and will look into providing some during our staff meetings/ during school
- Will be participating in the “It’s a Wonderful Run” as a staff. It will be virtual, but we are going to run it through town all together (socially distant) on 12/11. We will encourage, through social media, families to stand outside to cheer staff on.
- Beach Body on Demand was ordered and staff have free access
- Started a 21-day Workout Accountability Group to help staff achieve workout goals
- The LIFT Program has been postponed until 2021 – no set start date yet

Student Wellness Group

- Working on kindness/thankful post its for staff members this week
- Planning with Student Council for Stress Free Flex Days (Monday and Tuesday before thanksgiving break) – thinking of having it like the stress-free Friday last year but students will participate in activities during their flex periods→ this may become full-days (waiting to get approval from Admin)
- Will be volunteering with SOAR and the community for their holiday event
- Will contact Erin Church about getting students involved in the “It’s a Wonderful Run”

CATCH

- **Middle School:**
 - CATCH “Kick Off” Week was a success – CATCH MVP’s were announced and the bulletin board was updated
 - CATCH Lessons #1 were presented in FLEX
 - CATCH Lessons #2 will be presented this month
- **Elementary School:**
 - CATCH “Kick Off” Week went well – teachers began teaching the lessons and will continue through the year

- A system to recognize student CATCH MVP's has been established and they will begin recognizing MVP's later this month.
- Kristen Seyfried will make sure the November CATCH newsletter is disseminated to families through social media outlets (October was done)
- CATCH is willing to come in and help out with Brain-Break Trainings

FLCH

- Will be coming into health classes during sexual health unit
- Tuesday Webinars for Parents – will share out on social media
- Will schedule for them to come do tabling during lunches
- Provided CDC data to help with potential policy changes at school

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 November CATCH newsletter and FLCH information put on the school's website and social media
- Kristen Seyfried will meet with Michael Hayden to finalize changes to the policy and discuss staff/student wellness opportunities
- Schedule Brain Break Trainings

***Next Meeting: December 2nd - 3:00 Zoom**