

## District Wellness Committee Meeting

**December 2, 2020 3:00-3:45/ Zoom**

### Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)  
Olivia C (FLCH Program Manager)  
Jennifer Peeso (Parent/SOAR)  
Lillian U (FLCH Health Advocate)  
Amy Bullard (SOAR)

Jessica Orchard (DELPHI, Student Wellness)  
Melanie Cerra (MS Counselor)  
Larry Lang (AD/VP)  
Sarah Marchitell (C-S MTSS)  
Jacquie Jantzen (Elem. Teacher)

### Program Updates:

#### **Staff Wellness**

- December's Challenge is a "Self-Care" Holiday BINGO
- Participating in the "It's a Wonderful Run" as a staff (socially distant) on 12/11
- Biometric Screenings are occurring next week (12/9 and 12/10) for staff
- Plant-Based Challenge info will be going out to staff and the challenge will begin January 11th

#### **Student Wellness Group**

- Planning for Stress Free Flex Days has been put on hold due to COVID and school closures
- Involvement in holiday community events with SOAR are "up in the air" due to school closures and current restrictions – what the group is able to do is still being determined.

#### **CATCH**

- **Middle School:**
  - December CATCH MVP's will be decided and will be put on the Bulletin Board – will look at creating a virtual bulletin board for students who are all virtual and for when students are out of school.
  - Using "Golden Tickets" through MTSS to encourage completion of CATCH Lessons
- **Elementary School:**
  - CATCH lessons are being put in classroom playlists
  - A system to recognize student CATCH MVP's has been established and they will begin recognizing MVP's soon
- Kristen Seyfried will make sure the December CATCH newsletter is disseminated to families through social media outlets (November was done)

#### **FLCH**

- Will be coming into health classes during sexual health unit
- Will disseminate upcoming workshops out on our website and social media accounts

#### **SOAR**

- Many community holiday events (Snowmen, Passport Activity, Self-Care BINGO, and Snow Rocks) that will be advertised on the C-S website and C-S social media accounts.

#### **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 December CATCH newsletter, SOAR and FLCH information put on the school's website and social media
- Kristen Seyfried will create a MS CATCH Virtual Bulletin Board

**\*Next Meeting: January 6<sup>th</sup> - 3:00 Zoom**