

## District Wellness Committee Meeting

**February 3, 2021, 3:00-3:45/ Zoom**

### Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)  
Suzanne Catholdi (WC DMH)  
Students (Marsala C.)  
Jacquie Jantzen (Elem. PE Teacher)  
Kathryn Lumb (Elem. Principal)  
Sandi Bastedo (Cornell Coop)

Jessica Orchard (FCSFL, Student Wellness)  
Jessica Kouzan (CCE-CATCH)  
Melanie Cerra (MS Counselor)  
Amy Bullard (SOAR)  
Tracey Clark (Excellus)  
Adam Bullock (Cornell Coop)

### Program Updates:

#### **Staff Wellness**

- February's Challenge is a "Self-Love" Calendar
- Staff Well-Being Screener went out today – we will look at the results next meeting
- Looking for a fitness challenge for March: March Madness Walking Challenge (could get pedometers through Excellus) – would like students and community involved as well
- Looking into the possibility of virtual yoga once a week
- Staff are getting vaccinated for COVID – Wayne County Health Dept. is providing clinics on Fridays in Newark for Wayne County school employees

#### **Student Wellness Group**

- Working with Kelly Haining and Student Council to implement stress-free activities FLEX for students- before Spring Break (will share ideas with Elementary School for indoor recess time)
- Making Valentine's Cards for St. Joe's Hospital for first responders
- Worked on MTSS Presentation for word: "Respect"

#### **CATCH**

- **Middle School:**
  - Lesson #3 was put in the 6-8 FLEX Classrooms
  - New CATCH MVPs will be chosen this month
- **Elementary School:**
  - No updates at this time
- Kristen Seyfried will make sure the February CATCH newsletter is disseminated to families through social media outlets (January was done)
- Kristen Seyfried will look at attempting to schedule a "Brain Break" Training for MS – Katy Lumb will contact Jessica Kouzan if interested in one for elementary staff

#### **Cornell Coop**

- Continues to work with PE teachers to incorporate more movement into classes in virtual instruction -going very well and lots of positive feedback at MS
- Would like to work with elementary PE teachers – connected with Jacquie Jantzen

#### **MTSS**

- Tier 2 supports are being scheduled – including Why Try Groups
- YRBS survey going out to grades 6, 8, 10, 12

- Student SEL Screener was posted in FLEX Classrooms today
- Golden Tickets are being given to recognize students for healthy SEL behaviors in MS/HS and CATCH incentives in MS

#### **SOAR**

- Working with a local massage therapist completing a self-care BINGO
- Will work with MTSS to get involved with the “Golden Ticket” incentive program
- Still have snowmen to be decorated and put around town

#### **Other DWC Business**

- None currently

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

- Continue to think of staff/student/community wellness initiatives

#### **IV. Next Steps**

- Kristen Seyfried will have the February CATCH newsletter, SOAR and SPAN information put on the school’s website and social media
- Kristen Seyfried will work with Student Wellness and SOAR on March’s Challenge to make it district/community-wide

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