

District Wellness Committee Meeting

March 3, 2021, 3:00-3:45/ Zoom

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)
Stephanie Antonio (MS/HS Nurse)
Student (Marsala C.)
Jacquie Jantzen (Elem. PE Teacher)
Kathryn Lumb (Elem. Principal)
Lillian Urrutia - FLCH
Jen Peeso (SOAR, Parent)
Sarah Marchitell (MTSS/ Elem. CATCH)

Jessica Orchard (FCSFL, Student Wellness)
Jessica Kouzan (CCE-CATCH)
Melanie Cerra (MS Counselor)
Amy Bullard (SOAR)
Adam Bullock (Cornell Coop)
Larry Lang (Athletic Director)
Laura Bliss (HS Counselor)

Program Updates:

Staff Wellness

- March Madness Walking Challenge began
- Staff Well-Being Screener data was sent to Admin.
- Staff are getting vaccinated for COVID
- Staff recognition – bring back staff of the month/teacher of the month?
- May introduce a “Step Up for Kids 100-mile Challenge” (April) for staff

Student Wellness Group

- Finalized RELAX week plans for before Spring Break
- Positive Post-It Activity (hope to include Elementary School)
- SPAN “Easter Egg” (rock) activity – can be incorporated into RELAX week

CATCH

- **Middle School:**
 - Lesson #4 will be put in the 6-8 FLEX Classrooms this month
 - New CATCH MVPs were chosen and physical and virtual bulletin boards were set up
- **Elementary School:**
 - Started recognizing MVPs
 - Trying to figure out a way to incorporate a gardening program for students (looking for organizations to partner with)
- CATCH will be piloting a Healthy Texting Program to send texts to families with healthy tips and local events in the Fall

Cornell Coop

- Partnering with PE teachers and hopes to revisiting lessons with MS every quarter
- Hopes to work with Elementary PE classes next year

MTSS

- Tier 2 supports have started – including Why Try Groups
- YRBS survey went out to grades 6, 8, 10, 12
- Student SEL Screener was posted in FLEX Classrooms and data is being analyzed currently- will be shared in newsletter

- Golden Tickets are being given to recognize students for healthy SEL behaviors in MS/HS and CATCH incentives in MS
- Welcoming more students into the building on their virtual days- attendance and grades are showing a lot of improvement

SOAR

- Reaching out to Honor Societies for upcoming events
- Working with Student Wellness on upcoming events
- Event information will be disseminated on school website and social media accounts

FLCH

- Will be doing a HS lunch tabling event here in either April or May

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

- DWC will work with Student Wellness and Admin to discuss potentially bringing back teacher/staff of the month

***Next Meeting: April 7th - 3:00 Zoom**