

District Wellness Committee Meeting

May 5, 2021, 3:00-3:30/ Zoom

Attendance:

Kristen Seyfried (District Wellness Coordinator; MS/HS Health)

Amy Bullard (SOAR)

Mel Cerra (MS Counselor)

Lillian Urrutia (FLCH)

Jacque Jantzen (Elem PE Teacher)

Sandi Bastedo (CCE)

Program Updates:

Staff Wellness

- May's Big Challenge- Wellness BINGO!
- May is "Mental Health Awareness Month" –Staff who signed up were given a Mental Health Journal

CATCH

- Repurchased the K-8 Curriculum for next year
- **Middle School:**
 - Lesson #6 will be put in the 6-8 FLEX Classrooms this month
 - New MVP's will be chosen this month
- **Elementary School:**
 - Working with SOAR – "Soaring through the Rainbow"

Cornell Cooperative Extension (CCE)

- Educator Adam Bullock is doing CATCH lessons in PE Classes at MS
- Plan on doing more next year for incentives and events – planning now

SOAR

- Event information will be disseminated on school website and social media accounts

FLCH

- Event information will be disseminated on school website and social media accounts
- Coming to speak to HS Health classes this month

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

- Disseminate local/community event out on social media/school's website

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