

Wellness Committee Meeting
Monday, December 6, 2021
4:00 p.m.

Attendees:

Heather Christman
Michelle Fohey
Mary Jo Gruber
Maci Klaus
Alexandra Lenger
Pamela Lyss-Lerman
Jennifer McDaniel
Cheryl Redohl
Kimberly Sherony
Stacy Siwak
Tobie Smith
Jennifer Todd
Molly Troy
Kami Waldman
Robyn Wiens
Jason Wilson
Chris Win

Those Invited Who Were Not In Attendance:

Christina Blankenship
Julie Connor
Angela Flotken
Dan Gutchewsky
Anthony Henderson
Samantha March
Jennifer Martin
Tina Murtha
Debbie Reilly
Christine Schneiderhahn

Agenda Items:

Welcome:

Mary Jo called the meeting to order. Everyone introduced themselves and their roles.

Public Comment:

There was no Public Comment.

Approval of Minutes:

Pamela Lyss-Lerman made a motion to approve the September 27, 2021 minutes. The minutes were approved.

Student Wellness/Food Service Update - Michelle Fohey, Chartwells Director:

- Michelle is back from maternity leave.
- Continuing the Seamless Summer option which means breakfast and lunch will be free for the full school year.
- Mood Boost campaign - Chartwells has developed a fun and engaging new program called Mood Boost that introduces new lunch menus, fun activities and a collection of characters called "Moodies" into the cafeteria. The "Moodies" represent a series of six fun and engaging characters to help younger students recognize their different moods: Alert, Calm, Confident, Happy, Smart, and Strong. This will be rolled out in February/March.
- Action items to be implemented for the second semester include feedback and input from students and families on what they'd like to see in the Food Service Program.
- Food testing - intern did a watermelon poke bowl.
- Discovery Kitchens will start in January.
- Question from the group: How do we get feedback from parents?

Community Wellness Update - Molly Troy, Center of Clayton:

- Trying to increase membership. Seeing a lot of new faces.
- Fitness on Demand app up and running. These are virtual classes in the studio.
- There are 13 different classes at set times from Zumba to Mind-Body, interval training and strength training.
- Free app membership if you sign up for the app through Molly.
- Looking at expanding summer programs for next summer, coordinate with summer school. The Center is continuing to gather information from stakeholders and will begin the applications process for classes/camps to offer during the summer.
- Evaluating impact of Covid on in-person classes before they begin to roll them out. With the new variant, the time is not right at this moment.

All-in Coalition Update - Kimberly Sherony - Coordinator:

- Tim Bono virtual presentation about kids mental health.
- Feedback was very positive, nice to partner with the District and with Robyn.
- We are in the planning phase for initiatives for next semester.
- Coalition at Wydown with 20 students; CHS has 13 students participating.
- Springtime focus for expressing happy alternatives to substance abuse. Identifying risk factors for substance abuse. CHS students have come up with ideas for this campaign.
- Partnering with local alcohol vendors and placing stickers on product to discourage underage drinking.

Staff Wellness Update - Mary Jo Gruber - CFO:

- Just finished Open Enrollment for 2022.
- Kept everything the same except we moved from Delta Dental to Guardian Dental which is also a PPO, better plan, higher maximum benefits.
- One thing we did want to look at was bloodwork for staff, Mary Jo looking into scheduling, second semester, what is the best time to do that? Christina Blankenship talked to us about it several times and was a recommendation from the assessment.
- Continue to work with Center of Clayton, which we already talked about during that update.

Question: Pam Lyss: Is it physical or mental wellness for staff?

Robyn: Now we're working on mental piece in addition to physical.

- We did a vaccine clinic last Friday night. Started incorporating more things for mental health for more staff.
- Guest speaker from Anthropedia talked with district social workers and counselors, just starting to get the work out about options with Mental Health America.
- We did experience the passing of one of our teachers in November. Supported teachers at Meramec, partnered with Annie's Hope to counsel staff and students, touch therapy with Duo Dogs made several visits that week.

Student Social/Emotional/Physical Wellness - Robyn Wiens - Asst Supt Student Services:

- Saturday we hosted vaccination #2 for students. Well attended, 520 vaccinations given, partnering with Sinks Pharmacy. Staffed by their employees and our health services team, plus Duo Dogs.
 - Heather Christman: Our clinic was the "place to be" because of all of the activities we provided during the clinic. Second round we didn't have Duo Dogs but set up a movie. Kids really enjoyed their time at the clinic.
- Robyn Wiens: In September she mentioned that she contacted a service provider who could run small groups on coping skills, Center for Mindfulness and CBT. These began in November. Counselor sees students in small groups and will continue to do that through to the end of this semester. Great response from students and teachers. We have 23 students who work with therapists. Helping younger students label their feelings, connecting feelings, practicing their coping skills, mindfulness, mind/body connection.
 - Jenny Todd: The service really helps the school as a whole, provider is a great communicator with counselors, parents, teachers, students look forward to working with her. As we work with the students, we continue to build on that work.
- Robyn Wiens: Phase II will happen second semester - a provider will come to do groups for Wydown and CHS.

- Robyn has been able to build a good relationship with Duo Dogs, very fortunate that organization is responsive to Robyn's request, coming back to the high school next week for some special things as students get ready for finals.
- Tobie Smith: Working with T'Shon Young at CHS, during the entire week of finals we are planning different activities over lunch hour, stress balls, sensory slime, music in places, bringing back recess, showing Pixar short movies, board games, meditation/yoga room. Manned by support staff and staff members not tied to curriculum to support the event for the week. Some of the ideas came from the student council.
- Robyn Wiens: Board meetings in October and November focused on head and heart by talking with parents and students through a community engagement forum. In October the community engagement was with parents. During the November meeting students joined us, the topics were the same for both groups:
 - How students were experiencing academic learning
 - Mental health - sources of stress, things that helped
 - Healthy choices - how students and parents felt about their child making healthy choices

Still analyzing data.

- Stress: homework, overscheduling
- Sources of worry: homework, relationships
- Academic learning, things that brought students joy: math, writing, music, strings, art
- As students got older they enjoyed exploratorium, gym, math, after school activities can bring stress and joy
- Pressures that parents reported: pressure to get into a good college, pleasing teachers, homework, healthy eating, good sleep habits, balanced screen time
- Also a source of worry: peer pressure
- Interesting to see what our parents thought and students thought
- Presenting a Board Report in January of what students, parents, counselors and social workers reported.
- In September we began data collection by monitoring intensive needs that families report to us, if a family shares that they had an ER visit for a mental health visit, intensive outpatient treatment (depression, eating disorder). Previous to this year we have not had a baseline, now better able to track to determine in what ways our students are impacted. Monitor the number of suicide risk assessments compared to what we have seen in previous semesters, started in spring of 2020. Hoping to be able to share about the patterns we have been seeing.
 - Pamela Lyss-Lerman: What is the "so-what" of the meetings with the parents and students, is the hope that that would increase funding?
 - Robyn Wiens: We hope to monitor our progress from our strategic plan, add qualitative aspect to the data, examples of what is popping up in the data, advocacy, how big or small is the scope of some of the challenges, deeper

understanding of how our children are doing and what can we do differently to better support the need in the short and long term.

- Kim Sherony: Can you tell us how many parents and students were in the board meetings?

Parents - approximately 30

Students - 20-25

- Robyn Wiens: We learned that was not a great week because it was the deadline for early action, right before Thanksgiving Break and assessments. Stacy Siwak added that it was also the first week of winter sports.
 - Pamela Lyss-Lerman: how did you choose the students to invite?
 - Stacy Siwak: Combination of administrators, counselors and board members submitted names; diverse range of students, gender, race, ethnicity.
- Phones Down Campaign: Robyn has not forgotten that she wants to implement within the second semester, reinforced by the two board meetings with students and parents.
- Mary Jo Gruber: We are working on a renovation of our high school library. This week we will have focus groups with teachers and students who will be able to walk through and give feedback on the space, not only as a library but as a place to go. One thing mentioned was having a wellness center in the library. We are in preliminary stages, so more to come on that as we work to design it and how we move forward. It will be interesting to see how it all turns out.
 - Robyn Wiens: is there an SSD educator included on that walk-through?
 - Mary Jo Gruber: Dan and Phoebe working on the attendees. Mary Jo will follow up with them. - Follow up - Dan stated he will have a SSD employee attend.

Adjournment:

If you have anything in the interim, don't hesitate to send them to Robyn or Mary Jo.

Mary Jo adjourned the meeting at 4:45 p.m.

Next Wellness Committee meetings: February 7, 2022 and May 9, 2022