



Social Emotional Learning & Wellness Committee

September 18, 2023 - MINUTES

Present: Christina Blankenship, Jen McKeown, Kami Waldman, Molly Troy, Brianna Zamberlan, Chris Win, Octavio Pino, Tina Murtha, Dan Gutchewsky, Julie Connor, Heather Christman, Christine Schneiderhahn, Robyn Wiens

Agenda Items

- Welcome
- Public Comment - none
- Approval of Minutes - 3/27/2023
- Christina B. made a motion to approve. Tina M. seconded the motion. The minutes were approved as presented.
- Student Wellness
 - Food Service Update (Octavio):
 - Kitchen is making burgers from scratch and they are popular among students.
 - SoDeli counter is serving freshly baked breads
 - More fruits, like kiwis and nectarines, are available through new federal programs.
 - He is working on improving the meal alternatives available to students with food allergies.
 - Catering has increased.
 - Discovery Zone: first theme is on water and the importance of drinking water.
 - Portions: the group discussed portions and data on students ordering more than one lunch because they're still hungry after the initial meal.
 - SEL Elementary Curriculum (Robyn): CharacterStrong is being used at the elementary and middle school levels. Both teams have been working on curriculum writing. There is also collaboration with PE/Health department about meeting up and sharing resources.
 - SEL Data Collection (Robyn)
 - SEL data collection (using the Panorama survey tools) is in progress over the next 2 weeks district-wide in grades 3-12. She will be exploring additional tools that may support the data collection for non-verbal students.
 - Community Partnerships (Robyn)
 - The district is continuing its work with the Center for Mindfulness, Safe Connections, and Kids in the Middle. Additional meetings are being scheduled with other partners -- some that receive funding from the Children's Service Fund.
- Community Wellness
 - Center of Clayton Update (Molly)
 - 1,874 registrations for summer camps
 - The Center is adding more classes. (3 new classes this fall; kettlebell fusion, barre)
 - There was discussion regarding the 7th grade free membership vs being 14 years old (which is the age to be able to use the equipment). This is something Toni S. would need to consider at the Center and Molly will include it at her next meeting.
 - There is interest in raising awareness of inclusion and activities at the Center.
 - Staff are going through Kulture City Training. Sarah Kroy is the new inclusion specialist for the Center.
 - All-In Coalition Update (Lili)
 - All In has numerous initiatives in motion. Highlights include:
 - a cohort of 11th/12th graders completing the "It's Complicated" cannabis education curriculum training to educate younger CHS students enrolled



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- in PE classes.
 - Enhancements to high school health class curriculum to support parent-student conversations
 - 10th grade health classes going through the Teen Mental Health First Aid training
 - Funding from Missouri Dept. of Mental Health to fund Party Patrols conducted by the Clayton Police Department
 - Continuation of the Caring for Head and Heart series with special guest Dr. Emily Kline
- Staff Wellness
 - Facilities (Robyn on behalf of John)
 - Benefits (Cheryl/Robyn): indoor cycling and group personal training, yoga and eccentricity?
 - Health Services (Heather)
 - Employee flu shot clinic - 3 weeks to cover all buildings; employee children and spouses are welcome.
 - District communication has also included BJC community flu and covid shot clinic information.
 - Partnership with Sink Pharmacy is no longer in place. Heather is looking at CVS as a future provider.
 - We are partnering again with SSM to have a Mammogramathon: Oct 20.
 - CPR - Health services taught 40 teachers; in October they'll do Family Center and Kidzone. They've been teaching about 6 classes a year and there is interest to increase the amount of trainings.
 - Health Walls: Narcan and Stop the Bleed kits are now with AEDs. Another AED has been added to CHS.
- Work Session & Presentation
 - Wellness Center Update (Jen)
 - Jessica Colvin continues to host cohort trainings that Jen attends. She also attends the outreach specialists trainings. She also gets individual support from Jessica on a weekly basis.
 - The Wellness Center will be in what was formerly the book room across from the art classrooms. The room is going to be renovated and there will be some asbestos abatement.
 - There will be a working group coming together to asset map.
 - Youth Wellness Council will also bring student voice to the work. (what the space can look like, etc.)
 - Jen also wants to pilot a small counseling group at CHS as part of putting Tier 2 supports in place.
 - There will be continued work to identify additional community partners (starting with Children's Service Fund organizations).
 - Other community agency suggestions from the group: NAMI
 - She plans to collaborate with Student Council.
 - There are opportunities for parent engagement in the community as well.
 - The group discussed making the space feeling authentic and welcoming, partnering with the Center to provide a space to move to get re-regulated, and de-stigmatizing mental health. Robyn showed the group some photos from the May site visit to wellness centers in California.
- Next Meeting: Dec. 11, 2023: The group preferred in person.



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