

**Wellness Committee Meeting**  
**Monday, December 12, 2022**

**Attendees:**

Christina Blankenship  
John Brazeal  
Michelle Fohey  
Stephanie Lombardo  
Samantha March  
Jennifer Martin  
Jennifer McDaniel  
Tina Murtha  
Cheryl Redohl  
Lili Schliesser  
Christine Schneiderhahn  
Stacy Siwak  
Jennifer Todd  
Molly Troy  
Robyn Wiens

**Those Invited but not in Attendance:**

Heather Christman  
Julie Connor  
Dan Gutchewsky  
Debbie Reilly  
Tobie Smith  
Kami Waldman  
Jason Wilson

**Welcome**

Robyn Wiens started the meeting at 4:04 p.m.

**Public Comment**

Robyn opened the meeting up for Public Comment. There was no Public Comment.

**Approval of Minutes - Sept. 9, 2022**

Robyn asked for approval of or comments regarding the 9/19/22 minutes. There were no edits. Robyn asked for a motion to approve. Lili made a motion to approve. Jenny Todd seconded that motion. The minutes were approved as presented.

**Student Wellness - Food Service Update - Michelle Fohey**

At the meeting, Michelle handed out a Chartwells update. Here were some of the highlights:

- Smoothies at WMS and the high school for breakfast
- Top chef competition
- Taste testing for September of the energy ball
- Udon noodles at Captain
- Overnight oats

Chartwells completed a survey through Survey Monkey with high school students as to what they wanted. Students reported wanting more meals inspired by foreign cuisine, wraps and tacos. Global Eats and Veg Out menu have been added. The Free and Reduced rate is a bit lower this year. Chartwells is averaging 1,200 meals a day, the PBET for Free and Reduced students who missed school due to Covid last year. Michelle visited the PTO Council meeting and gave them an update on Food Service and reminded them of our Smart School Snacks.

Jennifer McDaniel asked if Chartwells ever needed more interns? Michelle stated that she has had three this year, and can't take on more than one at a time. Michelle will be leaving Chartwells and will not be here in the Spring. SIUE, Fontbonne and SLU provide interns.

Samantha March commented that at Glenridge in the 5th grade classes there was a discussion about the Clayton school luncheons. They interviewed Michelle. One of the students said that it's not a school issue, but an FDA problem, the portions should not be the same for everyone, i.e., a portion for a kindergartner should not be the same size as a middle or high schooler.

#### **Community Wellness - Center of Clayton Update - Molly Troy**

The Center has started winter camp registration which will run from 12/27 - 12/30. The Center's towel service is back, which had been stopped during Covid. The Center hosted a bingo night last Friday (December 9). Thirty-one people attended; the next one is scheduled for March but a date is not set yet. Center capacity feels like it is back to normal (pre-Covid).

Robyn Wiens asked if there was a deadline for registering for the camps? Christine has asked if Molly could share the camp info. Molly will share the link of the brochure and ages.

Robyn stated that the Center of Clayton Spring brochure will be coming out soon; Summer offerings coming out in February.

#### **All-In Coalition Update - Lili Schliesser**

All in Coalition is currently conducting a needs assessment. Have data from the Missouri Student Survey (attached) This is quantitative data. We have more data to collect with students, parents, and people in the community. Parent survey coming out now. This will also be quantitative data, which helps us understand what's going on, how it is addressed. All-In looking at environmental scans to assess alcohol, tobacco within the community. Will collect other data from the community. Trying to understand what the issue of substance abuse looks like in our community. Updating our logic plans and strategies. Youth Coalition has some great projects; PSAs for Greyhound News Network; trying to discern the "coolness

gauge” for alcohol and drugs. Handing out fortune cookies with a message about vaping. Conducting a phone call to middle school parents to lock up substances. Accessibility in middle school is a big issue. Students looking at data that they are excited about.

Upcoming events: 1/23, 6 - 7 p.m. - Julie Smith will be speaking about media literacy, on all channels in the district. Screening of *Screenagers*, *Under the Influence*, coming out in Feb. Screening March 1 at WMS. April 5 Town Hall Teen Talk in cooperation with area coalitions. Teens from across the St. Louis area will be invited to talk about substance abuse and what they want adults to know. The students will host and run panel discussions.

Questions for Lili: Christina Blankenship wanted to say that she appreciated the survey that Lili sent out in the last month. Would be nice to have a free form box at the end to add context and texture.

#### **Staff Wellness- Benefits - John Brazeal**

The School District employee benefits program for 2023 is complete, including open enrollment. EAP through PAS will be highlighted via the KDS.

Christina Blankenship asked if we have numbers regarding how much the EAP is being utilized? John stated that we do get information on that, it is getting significant use. John will bring this data to the next Wellness Committee meeting. This group has expanded its mandate with health, wellness, substance abuse. We want to make sure we keep our eyes on students, teachers, and staff. Visibility, tracking.

Robyn commented that the articles in the December PAS/EAP newsletter were very good, helpful.

#### **Health Services - Heather Christman**

Heather was not able to join us. Robyn updated the group.

In October Health Services coordinated flu shots. We will tweak moving forward to make it similar to how we run our Covid events, use a definite sign up for time slots. Received a really good response. Bivalent Booster clinic was held around 10/16 for students, with a high participation rate with over 200 who were vaccinated. Continue to hold Covid testing for 2 mornings for employees or families Heather is currently reevaluating, the clinic is not getting the traffic as before.

We hosted an SSM Mammogram Day on 10/14/2022 for our employees and friends of the District. Had just under 30 folks who attended. Great debrief with the SSM team. This was a private Clayton Mammogram Day partnering with SSM. We should create more advertising for this event in the future. We will do it again and will be intentional about the scheduling so people can plan in advance.

Christina Blankenship commented that as a survivor, she was thrilled that this had been done. Consider your timing, maybe Spring. Let's make it a big deal.

#### **Work Session and Presentation - Robyn Wiens and Lili Schliesser**

Lili Schliessler reviewed the data from the Missouri Student Survey 2023 (see attached).

This is a Missouri Student Survey that is conducted every 2 years and has been around a long time. Has to stay up to date on trends, always a little behind. Optional for students, but we had high participation. A majority of students participated from WMS and CHS. Past 30 day use rates.

- Alcohol use at high school is 25%.
- Marijuana use at CHS is over 10%, as well as vaping.
- Prescription drug use is highest in middle school.
- Clayton vs. Missouri - alcohol and marijuana use is higher than the state at CHS.
- Rates were overall down in 2022 because of the pandemic; kids weren't going out as much.
- Tobacco use is higher than previous years. Transitioning from vapes to tobacco.
- Data on mental health disruptions in eating, sleeping and school work. Heightened numbers in 10th and 11th grade.
- Substance abuse peaks in 10 and 11 grades.

Robyn stated that the Panorama survey is administered twice a year to grades 3-12.

Data points that dovetail - the challenging feelings section. Ask students in the last month how lonely or sad have you felt? Looking for the percent favorable responses.

Students are so optimistic in 12th grade and 6th grade. Want to think about kids in the middle.

Robyn stated that they are collecting social emotional learning data (SEL), i.e., how happy, loved, hopeful students are feeling. The data is by gender and females are higher than males in these areas of feeling sad, lonely, hopeless.

Tina Murtha asked if we still have a student rep for the Wellness Committee. Robyn stated that we do, but she has not been able to make the meetings. Robyn will touch base with her.

Someone suggested that we educate parents on the dangers of making use/abuse easier.

Christina Blankenship asked if we have had discussions about closing down open campus for freshmen and sophomores? Robyn answered that the short answer is no, we will see what comes through on the parent data survey

Jennifer McDaniel pointed out that drug and alcohol usage is reported high, but yet we have cell phones in the high school which can contribute. Did they assess a student's use of social media and influence? Lili answered that kids know that the most important thing adults could do is take away their phones. But we do not have data to correlate, it was not in the study.

One of the surveys asks students to document every time they see abuse on social media and report it to Lili. Would also like to uncover if this is a paid advertisement or private posting.

Michelle Fohey commented that educating parents about what to look for is important so that they can pass it on to relatives. It is difficult to keep up with trends.

Lili has asked parents if they would go to an education seminar that talked about trends, but attendance has historically been low. Jennifer McDaniel suggested that it might be a good idea to send a video out to parents on what to watch for.

Lili added that this is one of those things that people don't think about anymore. She didn't think that parents had long-term awareness. The perception is that it's safe now that marijuana is regulated. The brain science that we have in the last 10 years has changed. Research based info can change perceptions.

Tina Murtha suggested using graphs and charts on social media to show the reality.

Jennifer McDaniel commented that it was shocking that Clayton has a higher level of use. Shine a light on that.

Lili commented that students work hard, and may be dismissive of playing hard. This is a long game.

Jennifer McDaniel posted a recommendation for a resource.

Robyn asked that committee members email her with any comments.

**Next Wellness Committee Meeting: March 27, 2023**

The meeting ended at 5:15 p.m.