

**Wellness Committee Meeting
Monday, May 9, 2022**

Attendees:

Christina Blankenship
John Brazeal
Heather Christman
Michelle Fohey
Mary Jo Gruber
Anthony Henderson
Jennifer McDaniel
Mina Nashan
Christine Schneiderhahn
Kimberly Sherony
Stacy Siwak
Tobie Smith
Jennifer Todd
Debbie Reilly
Kami Waldman
Jason Wilson
Robyn Wiens
Cheryl Redohl

Those Invited but not in attendance:

Ali Lenger
Dan Gutchewsky
Julie Connor
Maci Klaus
Samantha March
Tina Murtha
Molly Troy

The meeting began at 4:02 p.m.

Welcome

Mary Jo Gruber opened the meeting and turned it over to Robyn Wiens. Mary Jo introduced John Brazeal as her replacement.

Robyn asked everyone to introduce themselves and to John, and to please state what building they are in and their role within the District.

Public Comment:

There was no public comment.

Approval of 3/14/22 Minutes

Robyn asked for a motion to approve the minutes. Kim Sherony motioned to approve; Kami Waldman seconded the motion.

Student Wellness:

- **Food Service Update - Michelle Fohey:**

Michelle updated the group from the last meeting. The “Mood Boost” program has been in elementary schools. Each week Chartwells will try a new sampling within the schools. This week, it will be blueberries with balsamic and thyme. Sampling has gone over very well. Chartwells brought a food truck to Meramec Elementary; this Friday the food truck will be at the high school. Looking forward to next year and getting back to normal.

- Robyn asked Michelle if the sampling items could be added to the menu. Michelle said they could be an option in the food bar next week. The tomato cucumber salad has already been on the menu. Michelle shared photos with the group of the food truck and sampling items.

Community Wellness:

- **Center of Clayton Update - Molly Troy**

Molly Troy was not present. Mary Jo gave an update on the Center. The Center has been seeing a significant increase in membership due to Wellbridge closing. They will look at new marketing strategies. Steve Hutson sent out a communication regarding the change in the philosophy in the sports program (no-cut). This will change the use of our space since there will be fewer teams using the space. Working on Fitness on Demand, classes they are offering; looking for other ways to attract people.

- Jason Wilson: Do we know the percentage increase with Wellbridge closing?
- Mary Jo: we're doing further research, will provide this information to the Board.

All-in Coalition Update:

Kim Sherony recapped from the April 24 meeting.

- All-In's last presentation on Head and Heart was on the topic of cell phone usage. It was well-attended, received positive feedback; parents asked for a deeper dive into it. Three panelists who presented on cell phone usage; diverse perspectives.
- Youth Coalition at WMS partnered with StuCo
- Duo dogs on Monday of Map testing
- Frankie Synovec: brain testing; huge help from PTO, popsicles passed out, Pixar movies during pass time.
- Continue to do this for students each year.

Tobie Smith, CHS:

Meeting on Wednesday to finalize details for Spring Wellness:

- Similar to what we did in December; Spring Wellness Week, all outside rather than spread throughout the building, dose of fresh air;
- Duo dogs hopefully, another day a few weeks from now. Dogs are a huge hit. Will also provide lawn games, stress balls. Students and teachers are looking forward to it. Kim has worked with PTO for giveaways and gift cards.
- Sunshine Challenge to encourage teachers to take class outside, amping up on what we did in December 5/23 - 5/27, week of finals.
- Recruiting youth for coalitions at WMS and CHS for substance abuse. Email Kim with student recommendations.

Robyn thanked Kim for her service and help during a difficult time. Kim will be leaving in June. Thank you Kim. We are interviewing for Kim's successor. Kim thanked everyone for their support.

- Christina Blankenship: was completely parent-run, transformative when they received a grant and hired Kim. Thanks to Kim and Robyn for putting in the work.

Staff Wellness:

- Benefits - Mary Jo Gruber:

No updates since the last meeting. We will be meeting in the first week of June with the claims administrator. Things are status quo for now, including fund balance. District is in a good position to start some wellness programs. Hoping to get a wellness program in place for the beginning of school year 22/23 or during flu shots. Looking at other wellness initiatives now that we have some money to spend on wellness.

- Social Emotional Learning

Robyn: last district PD was on social/emotional needs for students and staff. First 2 hours spent looking at SEL data, hearing from students related to our strategic plan, having students meet directly with teachers, then 3 hours of staff wellness following the morning program.

Heather Christman: staff came in to ask questions, vision screening this year in all schools. Opportunity to show our equipment, used for pre-school. Staff who were prompted to get their vision screening since they had not had the opportunity during Covid. Hearing screenings, blood pressure and blood sugar checks, the importance of activity, low stress, great for staff to come down and ask questions. Steady flow of employees.

Robyn: We had physical activities: walking groups, athletic activities in Stuber gym, yoga classes, mindfulness activities, art activities, ukelele lessons. Had not done a day like this before. Robyn asked others to share. Debbie Reilly did the walking session and was able to talk to other teachers in other buildings, walk, talk, learn. Curling? Great response from staff, staff enjoyed the sessions, felt their help was valued from the District.

- Christina: Do we ever have a mammography bus come to the District?
- Mary Jo: for us we would have to have first thing in the morning, teachers cannot walk out on classes. Buildings have to allow teachers to have leave time. Perhaps during time that teachers set up their classrooms. Need to make sure we can park the bus at the schools.
- Heather Christman: right now doing community testing with Ladue and Webster; that was one question we had, but talked about partnering up with Webster or Ladue for a mammogram clinic.
- Mary Jo - On “know your numbers”, requires a minimum number of people who participate.

Health Services:

- Social & Emotional Wellness - Robyn Wiens

We had staff view Panorama results. Helping students grow in head and heart. Currently working through the data. Staff looked at data in smaller groups and started reflecting on events in their building. Third source of data that we just received are the results from our Missouri Student Survey, given every other year, given by the Missouri Institute of Mental Health, part of DHSS. Survey looks at student’s partners and perception on alcohol, drugs, perceptions. All anonymous. One of our data sources we use for our federal grant. What we learned is that there is also a lot of data that comes along with that related to mental health, working with the evaluator through Federal grant. Hoping in our September meeting Robyn can give a more comprehensive picture of what the data tells us and how we can improve plans going forward. Grades 6-12 took the survey. Shout out to our health and PE teachers and high school teachers.

Recently held a community engagement, and had a good cross section of the community. We were able to talk with families about a variety of topics, such as content and curriculum, shout out to Jenni Todd who helped facilitate.

- Jennifer Martin shared that she was impressed by parents about how CSD employees really know their children, coaching students to take on harder, more challenging things.
- Jennifer Todd: Student services table, parents felt connected to the district, felt like the support services were really supporting their students. Positive feedback about ELL and counseling services.

Robyn Wiens: One of my goals was to build a better relationship with community organizations that provide therapy animals. When surveying students about what makes them the happiest right now, dogs always came up, motivated Robyn to pursue. Working with Duo Dogs for the school to be a regular site, not an add on. Working through a community agreement, hopefully will be on their regular schedule.

Center for Mindfulness - outside provider to help in elementary schools - students working through anxiety. Robyn is working with providers to see what worked, what didn't and how to continue. Hoping to work with them in the coming year.

- Jennifer Todd: We loved the support from the first session, helped us determine which students really needed the support in the second session. Many community members seeking additional help, but outside, private providers have a long wait list. This is a way for the school to provide extra support and intervention.
- Robyn: ESSER funding - emergency funding given by the Federal government. Those funds have been used for SEL initiatives. Hoping we are able to augment and increase it. We will continue to work with other organizations to continue this work. Labor shortage in the area of mental health help and resources.

Membership and Calendaring for 2022-2023:

Robyn will be reaching out to each of the committee members as far as engagement and interest in continuing. Recommendations for other parents who might be interested.

Calendaring: Potential Wellness Committee meeting dates: 9/19, 12/12, 3/27, 5/15.

We've been meeting on Zoom, Robyn feels it has helped support attendance. Strong feelings about being in person or Zoom?

- Mary Jo: Historically, prior to Covid we had strong attendance, but Zoom is more convenient. It was difficult to obtain space at times.
- Comments: people voted for mostly Zoom, maybe one in-person. If in-person, we need a 4:10 p.m. start for travel time from the schools.
- Robyn thanked Mary Jo for all the hats she wears. Robyn shared that she has learned much working beside her, the collaboration and expertise she has brought to so many communities.

The next meeting is tentatively scheduled for Monday, September 19, 2022.

The meeting ended at 4:53 p.m.