

## **WELLNESS COMMITTEE MINUTES**

### **Wellness Committee Meeting - Monday, September 19, 2022**

Administrative Center - Board Room

#### **Attendees:**

John Brazeal  
Julie Connor  
Michelle Fohey  
Jennifer Martin  
Jennifer McDaniel  
Cheryl Redohl  
Lili Schliesser  
Stacy Siwak  
Tobie Smith  
Molly Troy  
Kami Waldman  
Robyn Wiens  
Jason Wilson

#### **Those Invited but not in attendance:**

Christine Blankenship  
Heather Christman  
Dan Gutchewsky  
Stephanie Lombardo  
Samantha March  
Tina Murtha  
Debbie Reilly  
Christine Schneiderhahn  
Jennifer Todd

#### **Welcome**

Robyn Wiens opened the meeting and made introductions. Robyn will be co-chairing this committee with John Brazeal, our new CFO, who replaces Mary Jo Gruber. Robyn asked everyone to introduce themselves and talk about their role in the Committee and which meeting norm they will relate to during the meeting (i.e., active listener, open mind, assume goodwill, respectful, responsible.)

Robyn presented the Mission of the committee which was created Fall 2019.

Robyn stated that today's meeting will focus on communications.

#### **Public Comment**

There were no public comments.

### **Approval of Minutes - May 9, 2022**

Lili Schliesser motioned to approve the minutes and Julie Connor seconded the motion.

### **Student Wellness - Food Service update - Michelle Fohey, Chartwells**

Michelle stated that Chartwells is moving from free lunches to a normal schedule. Chartwells is facing the normal challenges - staffing, price increases, availability. Michelle completed the Discovery Kitchen calendar and passed a copy of the calendar around to each table. Michelle provided a power-up sample, a high-protein snack. She is going to try to incorporate these into a bento box for the students. Each month will have a different theme. Staff lunches will be offered again. Staff is provided a menu to choose from and the meals are delivered to them at their buildings. Michelle is also in the process of getting staff certified in student allergies to enable them to cross contact and identify food labels for allergens.

Free and reduced were at the same levels as pre-Covid, per paper applications pulled.

- Robyn asked if there were any new items on the menu? Michelle said there would be a new item each month and there will be special recipes for October. They started off a little safe to make sure it all worked for everyone.
- Stacy Siwak asked if we are missing any families who might qualify for Free and Reduced? Michelle said they are emailing families with cafeteria balance situations to see if they need help. Counselors are aware and work with Michelle in letting her know about families who may be struggling. Michelle talks with families and encourages them to call her with help on applications.
- John Brazeal asked how many average meals does Chartwells serve per day? Michelle said that a la carte is high, but meals are lower: about 500 meals per day (mpd) for the high school; 500 mpd for the middle school and about 200 mpd at each of the elementary schools.
- John asked Michelle if she converts a la carte to meals? Michelle said, yes, and a la carte is about \$1 over.

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

Molly Troy stated that the Center of Clayton is starting fall programming. They are working on new classes, promoting all classes in *City Views*. Molly will be working with John on staff classes. Having a slow start with the warm weather, more people are outside now. As the weather gets cooler, more people will come back to the Center. Molly stated that the Center is a bit back to normal. High school has free time from 11 - 12:30. This has been challenging. The Center might need to produce a guide for how to use the equipment. Overall it has been good.

The Center of Clayton has also changed the welcome check-in desk to avoid a bottleneck at the front of the building. This helps students and they can see where everyone is going. It's a good system that Toni Siering has implemented.

- Robyn Wiens asked how it was going with the 7th grade memberships? Molly commented that to use the whole facility, students must be 14. The Center wants to see the 7th grade students there. The Center is seeing more kids coming in to work out.
- Julie Connor said she would send something out to PE teachers to promote using the Center, make an announcement at Wydown. Students are congregating. The Center is concerned for

everyone's safety. Also, students need to watch their language. Another campus supervisor was recently added.

Robyn introduced Lili Schliesser, All-In-Coalition. Lili took over for Kim Sherony on 7/1/22.

Lili discussed the Wydown and Clayton High School coalitions. Red Ribbon week is the last week of October. Looking at Missouri student survey data. Alcohol use is a concern in this community. With homecoming coming up, focusing on underage drinking. All-In is also promoting responsible beverage serving. Lili talked about the Show ME ID app - can check legitimacy of ID. Targeting parents and having those conversations with their teenagers. Lili emphasized that there is no safe space for kids to drink. The risk for risky behavior goes up as people age. Addressing the substance abuse crisis. The survey gives us a starting place for where and why alcohol and drug abuse is happening. Drug free Community Coalition. Moving into more qualitative data collection. Developing questions for students, parents and the community. Creating take back events and community events on Zoom. Also working with the Chamber of Commerce on alternatives to opioids for pain reduction. We have a doctor who will be speaking on the subject. Focused on getting through the Homecoming season and Red Ribbon week.

- Robyn stated that Lili has been able to take what Kim put together and continue that work. Streaming with Spectrum, running ads for All-In Coalition.
- Jason Wilson asked if we are sending out emails to parents to look out for these things or ads? Lili noted that she is using the principals' newsletters to share with parents. Focusing on how to have a safe and fun Homecoming. Still learning the best channels to reach parents and students. Open to suggestions on how to reach people better. Parents might be the biggest issue in this community.
- Lili also relayed that yard signs going out talking about the legal consequences of providing alcohol. Signs have a QR code that takes you to the social host ordinance, in collaboration with the police department.
- Stacy Siwak stated that the data tells us that alcohol abuse is the biggest problem. She asked if the data was from students? Lili said, yes. Stacey then asked if our data was different from other communities? Lili answered that we compare with county and state, and any district that will share. Looks different in each area. Clayton's alcohol use is concerningly high. Substance use was down in this area, down during Covid. We did not see the reduction in Clayton, however.
- Jenn McDaniel - shared a source "The Addiction Inoculation"
- Lili would like to do a book club reading with parents in the district

#### **Staff Wellness - John Brazeal, CFO, Business Office**

John reported that the District employee benefits match the calendar year (1/1 - 12/31). We are currently in the process of preparing renewals and contracts for 2023, as well as exploring claims data. We're having a good claims year - 85 - 86% of expected, good place to be.

Robyn announced that the District will have a Mammogram Day for Clayton employees and their dependents on October 14. We will be using St. Mary's mammography clinic. Employees can sign up and make their appointment. St. Mary's will have promotions for the event. St. Mary's will shut down their clinic and it will only be open for the District employees and dependents. We chose 10/14 because students are not on-site, it is a teacher work day. Vaccination clinics are also upcoming.

Julie Connor, PE Teacher, WMS - some of the other PE teachers offered activities such as pickleball, brain breaks. These activities went really well. Maybe next summer we can do more for the summer institute. Julie joined Parkway PE teachers in an event they set up – Pedal Parkway. The group chose different times to meet, set goals, and the school district bought bike shirts for participants.

Robyn noted that Heather Christman, lead nurse, could not join the meeting due to 6th grade camp. We are still hosting Covid testing one morning a week at the high school.

### **Social and Emotional Wellness**

Tobie Smith, Counselor, CHS noted that Duo Dogs are back at the high school. Robyn created a partnership with Duo Dogs and now we have a contract with them to rotate between the schools.

- Jennifer Martin, Principal, Captain Elementary, said that she is noticing that students, younger and younger, are encountering websites they shouldn't see. Is there a way to do parent education or bring in a speaker to discuss and address this for 3 -5 grade students? Hearing more about families whose children are venturing out and finding inappropriate websites. Social media has things that teenagers in the neighborhood are aware of, younger students referencing. Tic Toc challenges. Kids searching on their Chromebooks at home. Chromebook is blocked at school but not at home.
- Robyn has a parent speaker series targeting this issue, but it targets an older group. Robyn will research.
- Tobie stated that older kids are teaching the younger kids their work arounds. Parents might need to know. There is a Facebook group for parents of the District. Jen McDaniel will look on Facebook for resources.
- Robyn said that she has resources for this, getting info to parents to inform them. She also stated that we can't do too much for this subject. Cell phone policies - Wydown has a no cell phone policy. Stacey Siwak asked if this includes lunch, and it was confirmed during the meeting by Jamie Jordan that cell phones are not allowed during lunch either.

Robyn briefly discussed the Panorama survey. The survey asked students in grades 6-12 about a variety of things, use of substances, about what they have been feeling in the last 30 days. State uses data to monitor what is happening in the District. State pulls data statewide and shares. The District is triangulating with what we have seen in our panorama meetings. Our next Wellness Committee meeting will focus on this and how it impacts our programming, what we can do as a result. Data snapshot every 2 years. All is completely anonymous. This survey was a much more indicative data set.

Robyn discussed partnerships.

- Duo Dogs - we applied to be a regular site and it was approved. The owner/trainer works for the Clayton police department. Duo Dogs will come to the district one day a week, rotate schools.
- Kids in the Middle - relaunching their site-based support groups, for children whose families are going through divorce, separation. Our building counselors have been trying to meet this need. Will allow us to move this to the provider. Slated for middle school and 3 elementaries right now.

Seeking additional mental health support through the school day. Some partners have had to pull back their services because of demand. Lutheran Children's Services has had to pull back.

- BJC - reached out to them, hopefully will form a partnership.
- Behavioral Health person for SSM - DePaul Urgent Care is entirely focused on mental health urgent care. Opened during Covid, word just getting out. This is a resource to which we can refer families. They can get them connected to providers within 48 hours. SSM is trying to build their strategies on how to support schools. Robyn asked committee members to submit any mental health provider resources to her.
- Robyn will be submitting multiple MOU and partnership agreements for board approval on 9/28.

### **Membership and Calendaring for 2022-2023**

The Committee is looking for a parent representative from Captain. Please email Robyn Wiens if you know of anyone who would be interested.

This year's Wellness Committee meetings are scheduled for:

- December 12
- March 27
- May 15

We can meet in person or alternate between in-person or on Zoom. The Committee suggested that we base the decision on the nature of the meeting.

It was decided that the December 12 meeting will be in person.

Robyn asked for any other announcements? Michelle Fohey announced that they would be adding gyros to the menu for the middle and high schools.

Robyn adjourned the meeting at 4:55 p.m.