

DRAFT OF Minutes
Wellness Committee Meeting
January 27, 2021
4:15 p.m. - 5:15 p.m.

Attendees:

Christina Blankenship
Tina Murtha
Dan Gutchewsky
Sarah Centeno
Debbie Reilly
Heather Christman
Jennifer McDaniel
Michelle Fohey
Elizabeth Macanufo
Julie Connor
Robyn Wiens
Molly Troy
Mary Jo Gruber
Kim Sherony
Cheryl Redohl

Those invited but not in attendance:

Angela Flotken
Stacy Siwak
Marrisa Pendegraft
Jennifer Martin

Agenda Items:

Welcome - Mary Jo Gruber

- Norms
- Introductions
 - Mary Jo reviewed the group of volunteers, ensuring that there was a representative from each school.

Public Content - There was no public content.

Approval of Minutes from January 29, 2020 - The minutes were unanimously approved.

Review of Wellness Survey:

Mary Jo indicated that the District is required to perform a tri-annual review of the District Wellness Program as stated in Policy ADF and in compliance with the requirements under the National Free and Reduced lunch programs. Due to the Covid pandemic, the District received an extension last year. However, we now need to follow-up and distribute the survey and complete the evaluation.

We want to ensure that the survey meets what the policy requires.

Mary Jo asked if everyone had a chance to review the Wellness Survey Google document.

We will use the Alliance For a Healthier Generation assessment guide to inform us as well as survey results. The goal is to keep the individual surveys short so that the response rates are high.

Distribution: at our last meeting, Dan Gutchewsky had talked about how we could send it out at the high school and also at the middle school during class time. We plan to move forward with that method to get student responses.

There was discussion about edits to questions:

Sarah Centeno - Question #91 regarding screen time with kids staying at home. Do we need to re-word that question to accommodate students studying at home, i.e., *"Besides online classes, how much time are you spending on your computer?"*

Jennifer McDaniel - Question #6 - students are encouraged to eat healthy snacks - by who? Do we need to clarify/modify that question? Jennifer also asked about Question #87 - why are we asking about student grades, what kind of grades? Why are we asking that question? Mary Jo responded that guidance counselors talk about the correlation between nutrition and grades. There may be studies related to that. We can ask the counselors. Jennifer questioned how the students would feel about responding to that question.

Jennifer - Question #92 - Eating Out - *"How many times do you eat out or get food from a restaurant?"* Jennifer noted that sometimes eating out can be a fairly decent option. Should we distinguish between fast food restaurants and other restaurants? Mary Jo stated we did have a question about what types of restaurants that would qualify those answers.

Jennifer said she had other minor notes and will send those comments to Mary Jo in an email or comment on the document.

Kim Sherony - Question #22 - Classroom Teacher - *"My school promotes wellness."* Kim was wondering if we lump all of those together would we skew the results. Mary Jo suggested that we could make it a chart, like Question #19

Christina Blankenship revisited Jennifer's remarks about Question #92 concerning grades. Did we say there was another way to ask that? There are studies that correlate to children not eating breakfast. We can't ask kids head on what grades they receive. There might be other questions in the bank that can get to the answer we're looking for. Match their answers with their demographics (free and reduced lunch). Can we do that with this? Does that make sense?

Heather Christman stated that her son has been asked questions about whether he is hungry during the day or is he tired during the day, which could establish if they are nourished. Not necessarily a grade issue but a performance issue. Christina noted that sleep is a factor as well.

Robyn Wiens noted there were different demographic questions that we took out as we were not sure if these were important. The original intention was trying to get at students' health and the connection to performance in school. Listening to Christina's feedback, we could change the questions to reflect a student's attitude toward their current performance, i.e., I feel like the quality of my work is at its best, or my work is okay. We could include something about their attitude of their current performance: is it at 80%, 50%, below 50%, i.e, my grades reflect the amount of effort I'm putting into school work.

Christina stated that the whole idea is, are they ready to learn? Are they performing at an optimal level or just keeping their nose above water?

Sarah questioned how students might feel about that. Sarah thought that it might be better to ask a prior question regarding whether the student is learning from home or in-person.

Elizabeth Macanuso stated that her children's eating habits are extremely different at home and at school.

Christina - Question #16 - Nurses - the Food Services department - is that really supposed to be student services? Mary Jo - That is correct, we ensure Food Service knows which students have food allergies, making sure the nursing staff understands that. However, the Special Services department should be Student Services. Special Services listed in Questions #84 and #70 as well. Mary Jo will change all references to Special Services to Student Services.

Jennifer - page 23, Questions #81 and #80 - Parent - asking the parents if reimbursable school meals meet the nutritional requirements. As a parent, if I was reading this, I'm a dietician, I would wonder if I'm expected to know this. Mary Jo commented that she saw the same thing. The point of the Wellness Committee is for parents to understand. Understanding a healthy meal and the regulations are two different things. Jennifer was wondering what we're getting from that. Kim Sherony suggested that maybe a question prior to that is, are you familiar with the regulations? Then move them on to Question #80.

Mary Jo also included our policy within the document in case someone wanted to see it as they looked at the survey, and made it specific to our District. Mary Jo suggested that Michelle Fohey send us links to one of Chartwells menus. Michelle Fohey sent the [link](#) to the online menus.

Robyn suggested we use Survey Monkey to distribute the survey. She will touch base with Chris Tennill on how to do this.

Mary Jo concluded that if anyone on the Committee has any changes or comments, please make them by next Wednesday, February 3. Mary Jo will send out an email when it's finalized next Wednesday. Please include your name on your comments so that we can reach out to you if we have questions.

Student Wellness - Food Service Update:

Michelle Fohey of Chartwells stated that Food Service has been non-stop since March. The USDA has granted many waivers over the summer. Chartwells will run the Seamless Summer Program until June 2021. We will be able to feed students for free - anyone under 18 - through summer.

Chartwells has been making sack lunches for high school and middle school and have also sent meals home over breaks including "grab and go" over Thanksgiving and Christmas to help families who needed it.

Crazy year, very different. All of our guidelines have changed. We serve all meals in bags too.

Chartwells typically does a lot of taste testing during the year. We are trying to figure out a way to do that, maybe by sending packages home with students to get some participation.

Every week Chartwells sends meals home to students who are learning at home.

Robyn asked for a shout out to Michelle on the great job she's doing. Also wanted to thank Kim from All-In Coalition, who has been able to help support the distribution of meals along with Julie Engelhard. Great reflection of Michelle's work. Michelle stated that we couldn't do it without everyone's help. Biggest challenge is staffing. Robyn also wanted to thank the Facilities team for delivering meals to homes for families who do not have transportation or cannot make the pick-up time.

Shout out to the PTO: Mary Jo helped the PTO coordinate with the Clayton Education Foundation for the fundraiser. The District also signed up for fruits and vegetables boxes and distributed those to families in need. PTO has been giving out gift cards to families in need and they still have another \$9,000 to distribute. The survey might help us identify more needs.

Heather Christman added that Michelle has been fantastic, she has helped kids get lunch, has put together backpacks for students on Fridays at Glenridge, PTO has also helped with that.

Mary Jo noted that we did have buildings that had a more robust volunteer base and were focused on feeding students and helping those in need. Wydown wanted to form a not-for-profit so they could get donations. Mary Jo helped them coordinate with PTO, so that buildings have a larger resource. The problem begins when those parents leave the buildings and move on, what happens to the program? In order to make sure it is something that continues the PTO council has volunteered to take this over. They plan to hold an annual fundraiser for needy families. All of this falls under the umbrella of the Wellness program.

Christina stated that the PTO has been amazing, that she saw it a lot at Meramec and Wydown, very aware as a parent that if your family had a need this was available. She does not see the intensity at the high school. Wydown had a huge food pantry, PTO raised money and has been giving families gift cards over winter break, supplementing the food at food pick-up that Michelle coordinates. The whole process was communicated in newsletters and communication.

Dan noted that the high school uses their counselors and social workers to work with families directly, they identify the need to help families in need. Robyn added that the high school has their own food and toiletry pantry, and families have much more contact with social workers. The nursing staff also coordinates efforts.

Christina noted that a student would have to hit all of those people -- counselor, nurse, etc. Worried about people falling through the cracks.

Mary Jo asked Christina for an example of the communication. Dan said he could get that to Mary Jo and check with Jamie Jordan on their communication.

Mary Jo wrapped up the topic by saying that the District has seen that more people have needs now. With students learning at home, we don't want to miss them.

Community Wellness

- Center of Clayton Update - Molly Troy:
 - Fitness center is renovated, fully operational. Center had a soft opening in June. With the lockdown we were originally to be closed 9-11 days, then in that time a lot of renovations happened. Molly would love to show everyone the new space.
 - Hopefully programming will begin in May, still meeting about that. Normally have 61 classes, may start out with 10. With the rules and guidelines we are following (fully masked). People love that we're open. Climbing wall is not open yet, will open on February 6. Please-check emails for opening dates.
 - Mary Jo said that they have put 7th grade memberships on hold for the year. Felt it would be difficult to take advantage. Next year we'll do both 7th and 8th grade levels so we don't miss any students. Molly said they're still looking at sports camps for the summer, details to come.
 - Mary Jo added that students at the high school have their own weight room. Brand new and larger weight rooms are upstairs, fully equipped. Molly said that the Center added rooms upstairs: cardio room with 71 new pieces of equipment.

- All-In Coalition Update: Kim Sherony, District Coordinator:
 - Working on listening sessions, one of the benefits she has is sharing an office with health and PE teachers. Conducts listening sessions with students. We were able to conduct the Missouri Student's Survey before lockdown, providing quantitative data. Listening sessions fill in the gaps.
 - All-In will host a Medical Marijuana forum - virtual, February 3. Partnering with the Chamber of Commerce. Three experts - doctor, lawyer and community health expert - to give a well-rounded perspective on this issue. Lots of confusion, we want to be a resource and provide accurate information. Link to register in the chat, evening of February 3.
 - Partner with Michelle every Monday getting meals to kids, volunteers put to use. Great use of volunteers.
 - Tina Murtha asked what is a listening session? Kim answered that this is when she visits a health classroom and asks a lot of questions of students, re: substance use trends they've seen at the school, nothing personal - what do you think is the biggest substance use problem at your school - vaping, alcohol? Where do you see this happening, opinion? Kim listens and the students talk.
 - Elizabeth asked how does this correlate to kids at home? Kim: The classes have been a mix of virtual and at-home. In October all were virtual, now we have a mix. Kim coordinates with the teachers, use some virtual classrooms. Have conducted listening sessions for students who are learning at home.
 - Christina asked Kim if she was planning any more parent training sessions? Kim: yes, this is something we're in the infancy stage of planning, In April we're working with other Districts (Parkway, Rockwood have drug-free coalitions), teens during the time of Covid, guest panelist social worker/psychologist. Not just substance abuse but social-emotional as well, with tips for parents on how to handle these things with our kids. Coming together to share this knowledge.

Staff Wellness:

Mary Jo explained that many doctor's appointments are being put on hold. Medical providers have also supplied ways to help with virtual medical and dental visits. Lots of information on how people can maintain their health during the pandemic. We are making sure staff has resources. Our employee assistance program has provided us with many resources that were sent to staff with links to helpful websites and videos of resources to help people deal with mental and emotional health and well-being.

The EAP Code for the District is "Clayton Schools".

Elizabeth said that she found a study by Northwestern University geared toward Moms of girls ages 9-14 who are starting their periods. Girls can go to an app every day for 2 weeks and chat about their period. Mary Jo suggested we talk to Communications about sharing the app. Heather asked that Elizabeth send it to her and she would be happy to share it. Mary Jo asked Elizabeth to send it to her so she can share it as well.

Other Topics: No other topics were brought forth.

Mary Jo said that she and Robyn will set up a date for the next meeting. The survey will be sent out in March. A draft of the minutes, as well as a date for the next meeting, will be sent out by next Wednesday, February 3.

Adjournment