

MINUTES

Wellness Committee Meeting - Wednesday, 1/29/2020

CHS Room 121 - 4:10 - 5:35

Attendees:

Mary Jo Gruber
Christina Blankenship
Tina Murtha
Jennifer Martin
Dan Gutchewsky
Sarah Centeno
Caren Etling
Debbie Reilly
Michelle Fohey
Jennifer McDaniel
Julie Connor
Molly Troy
Robyn Wiens
Cheryl Redohl

Those Invited but not in attendance:

Marissa Pendegraft
Angela Flotken
Aimee Snelling
Heather Christman
Amy Rubin

Welcome

Introductions: Attendees were asked to introduce themselves and their connection to the District.

Mary Jo Gruber opened the meeting up to public comments. There were no public comments.

Approval of 10/22/19 Minutes

Mary Jo made a motion to approve or amend the Minutes from the last meeting. Jennifer McDaniel moved to approve the Minutes. The motion was seconded and the Minutes were approved.

Approval of Mission Statement/Purpose

Mary Jo Gruber reviewed the Mission Statement and Purpose of the Committee. A motion was made by Debbie Reilly to approve the Mission Statement and the Purpose. Christine Blankenship seconded the motion, and the Mission Statement and Purpose were approved.

Mission Statement:

The School District of Clayton recognizes that the physical, social and emotional well-being of our students, staff and parent body are all crucial elements of a student's academic success and lifelong health and wellness.

Our Mission is to promote the health and wellness of our students, staff and community through education and efforts that:

- *Encourage habits of wellness;*
- *Increase awareness of factors and resources that contribute to well-being;*
- *Inspire and empower individuals to take responsibility for their own health;*
- *Support a sense of community in which the health and overall well-being of our students is recognized as an essential element of their success.*

Purpose of the Committee:

- *Communicate*
- *Assess*
- *Create*
- *Support Development*

Student Wellness: Food Service Update

Mary Jo Gruber followed up on the topic of Student Wellness from the last meeting, discussing overdrawn meals, how meals are served. MJG provided copies of a Balance Summary Report to all.

MJG reviewed a handout for "Administrative Procedures: Food Service Management (Meal Charges)." When a student cannot pay for a meal, they will be provided an alternate meal; however, Michelle Fohey said it is not Chartwell's practice to do so. Chartwells will just provide the regular Type-A meal not an alternate.

When there is a situation where a student cannot pay for a meal or the student's meal account balance is overdrawn, social workers can be brought in to complete a "Free and Reduced" application for that student.

MJG explained that these procedures can be changed and she is comfortable if the group wanted to take these procedures home, review and bring them back for the next meeting. Jennifer McDaniel asked who has access to these documents? They are available online through Board Docs. Jennifer also asked if they are in the Student Handbook?

MJG reviewed the Balance Summary Report, which explains where the District is with unpaid balances. Many of these larger balances are due to not receiving a Free and Reduced application. There is a statutory deadline of October 15 to receive Free and Reduced applications. If we haven't received the application in time, there could be a gap where the student is a paid student. The negative balance could also mean a write-off, or that the student didn't qualify to receive the new balance. The student could also be eligible, but purchased something ala carte when they didn't have money in their meal account.

Robyn Wiens stated that the report doesn't give a sense of the number of accounts.

Michelle Fohey explained that the actual report is 2-3 pages long.

Dan Gutchewsky pointed out that the Peppers Dance is coming up. We might be able to collect delinquent accounts by tying ticket purchases to meal account balances; i.e., they must pay off balance before they are allowed to purchase tickets.

Michelle Fohey pointed out that some balances are not that big.

Christina Blankenship noted that this kind of info going forward is important: is it 1 or 50 students? Is there a process for involving Robyn or the social workers?

Admin Procedure: Students may not accumulate more than ten unpaid meal charges.

MJG asked what should happen before the student reaches 10 unpaid meals: Parents have received notification.

Michelle Fohey outlined that if the account is negative, weekly notices are sent to the parents and also mailed to the social worker.

Caren Etling asked if there is a follow-up after the information is passed on?

Robyn Wiens said that she had checked with social workers and principals and they do get involved.

When she notices a big amount in arrears, she wants to look at which students have the issue, not the students who have small unpaid balances.

Michelle Fohey added that it is hard to identify each student; they usually look at the big balances.

Dan Gutchewsky stated that he went through the list in the fall. The vast majority are just laziness; it's not the free and reduced kids; it's the paid kids.

Julie Connor asked what happens when students have more than 10? There is a conversation with a social worker.

Christina Blankenship added that we need to be mindful that there are families who are not wealthy and the economy is not working for everyone, or it's an indignity asking for free and reduced.

Robyn Wiens added that we can add this to the regular check up with social worker.

MJG noted that the school is still going to serve a meal to the student. There is not much we can do in line because we don't want to shame them.

Christina Blankenship added that we want to help our families and children with dignity.

Michelle Fohey added that Chartwell's is having their audit next week and they will be on-site next week at Glenridge.

Community Wellness: Update on the Center of Clayton

Molly Troy provided an update on the Center of Clayton.

The Center had to remove some bikes in the fitness lobby. This is not part of the big project, but needed to move in order to work on electricity. The Center will be closed 3/13 - 3/22. Closing the Center will allow the construction team to make up 4-6 weeks of project work. The main office will be moved. Everyone is really excited. Pouring concrete now, the second layer. Middle of March will be the big tell. After that they will begin tearing up existing sections of the Center.

MJG asked if there were any other big community activities at the Center:

Molly Troy explained that they will have a men's and women's health week. Will give away free t-shirts. Happens May and June 2020.

Robyn Wiens announced that they will have a new teammate who will start in February: The new All-in Coalition director will be full-time. The person will be based at CHS but will move around the buildings. This person has experience in substance abuse. Robyn will be away for a few days next week for the National Conference for the Substance Abuse Coalitions meeting. She hopes to come back with new ideas.

MJG added that the All-in Coalition applied for a grant for \$125,000. Will last for 5 years.

Staff Wellness: Health Fair

MJG - At one of the last meetings we talked about Staff wellness and hosting a Health Fair; T'shon hosted one last year. We want to reach out to T'shon.

Dan Gutchewsky asked if it would be for staff and students?

MJG added that we would expand on what T'shon is doing. We are currently looking into a contact who sponsors wellness fairs.

Julie Connor added that Glenridge and the Family center are doing a book study: this is a Staff book study on the book *Onward* which is about building resilience in educators. There is a book and workbook. It challenges people taking on better eating habits and exercise. Option to do it District-wide with an exercise challenge.

MJG noted we are missing a Communications person. Robin Fultz has been replaced by Julie Cheatham and she is still getting her feet wet. We will make sure we have someone from Communications at the next meeting.

Other Topics: Survey

MJG brought the three handouts from the last meeting: Parent Survey for District Wellness Policy; Appendix to the Wellness Policy; and a Survey.

Dan Gutchewsky asked what is the purpose of the survey?

MJG commented that the purpose is two-fold: to create awareness in our community for the Wellness Committee and to collect information to direct our work.

Debbie Reilly stated that the goal is to let our community know about the work we are doing.

Robyn Wiens said we have five target audiences, there is some repetition. Some sections of the survey are important because if we don't receive favorable comments, we need to step up our routines.

Christine Blankenship added that Communications can have the survey branch off, based on each school.

MJG commented that one thing that is missing in the work is the student, the data that is reported and the data we would want to use. On the curriculum side if health and PE teachers gave a student survey, that could be another data source.

Caren Etling -- Didn't we have a survey for parents?

MJG - no. We had a survey on smart snacks and those responses were shared. We received feedback from CHS and WMS principals and they were tracking. Not sure teachers and students understood it; not a thorough understanding of the policy. PTO has a PTO jumpstart meeting where we talk about food.

MJG to Robyn Wiens: Did you and the nurses have changes?

Robyn Wiens answered that 20 questions might be too long. Need to select questions, re-word. Not sure how much ROI we had on answers.

MJG to Dan Gutchewsky - could we do it as a thought exchange? Dan: If you're looking for a yes or no, thought exchange not as good; if it's open-ended it's a really good tool.

Robyn Wiens suggested that we ask what things you'd like to see in your building?

Jennifer McDaniel shared that insurance companies have surveys in place, assessment, wellness assessments. Could we offer money for completing it?

MJG said that for staff we'd like to move toward that. There are insurance companies that incentivize and pay premiums, but we already pay for the employee. A lot of things we already offer. Would we still be focused on the strategy?

Christine Blankenship asked if we could check with the Alliance for a Healthier Generation.

MJG showed examples of what we present to the Board (handout). We will present this Spring. We have used the Alliance for a Healthier Generation in our reporting to the Board. We could present to the Board our initial assessment.

Dan Gutchewsky asked if we envision surveying every student or a sample of students? We would have to do it in early spring. The kids have to take a Missouri Health Survey, but we don't give it to all students. Could we piggyback on that, depending on the format? Or we can send it to everyone with a note; but the response rate won't be good.

Sarah Centeno added that students get surveys all the time.

Robyn Wiens suggested that we'd get more traction if we go through a class or grade level.

Dan Gutchewsky noted that on the Missouri Health Survey they want one literal class. We give to all kids who are taking health and then we use juniors and seniors in PE classes. Lots of detail.

Debbie Reilly pointed out that this is an assessment, which is different from a survey. Is the survey asking people what we're doing and is it good?

MJG stated that it is for us to decide, what do we want out of it, what do we want the Committee to be doing? Are we looking into things, are they following the rules, do they like smart snacks, do they see the things we've done?

Debbie Reilly said she would imagine not many students, teachers or parents know about the Wellness Committee.

Christine Blankenship stated that we could have just a few questions about that. Flush out goals and pick out a few questions.

Robyn Wiens added that we could assess how accurate our reach is around basic policy to keep kids safe, climate around health and wellness, how the building promotes staff wellness; assessing our current level of awareness around what's in place and the other things we've been doing. Should we base the assessment from survey results?

MJG said we could base off Alliance, then back into goals. Does anyone have anything specific someone wants as a goal?

Jennifer Martin asked if there is there a framework of expectations from the State?

MJG said that the only thing we've used is the Alliance, we don't have anything specific or narrow; we looked at it 3 years ago and we came up with 2 or 3.

Jennifer Martin said if we don't have a framework or data to respond to is the goal now to collect data?

Christine Blankenship said that she is always concerned when we don't have goals first.

MJG said we need to get information out on allergies and snacks; we want to make sure those are in the survey.

Tina Murtha asked, how do you make sure people are aware of things? What are they reading, what is the best way to communicate to parents?

MJG said we need to layout where and how we communicate and with whom.

Tina Murtha asked if some parents see it on social media?

Christine Blankenship suggested that we put Wellness committee on Facebook.

MJG said we should explore what Robyn and the nurses have talked about and then tailor to other groups.

Tina Murtha thought the handout going home is most effective, but we're trying to cut down on paper.

MJG said that the new media person can work the social media.

Robyn Wiens said we should review questions that could be struck.

Possible survey questions:

How active are you outside of PE class; did you eat any fruits and vegetables; eat out; play video games; where do you eat; how many days do you play sports?

Group: Do we want to assess to know how healthy they are or to let them know they can't bring peanut butter sandwiches; what is the function of those types of questions; do students know what our expectations are around safety?

Robyn Wiens suggested looking at the Alliance for a Healthy Generation survey and lift out our policy pieces or climate pieces that we could measure at this time. Improve our profile, communicating. MJG added that the survey has a lot of physical fitness in it.

Jennifer Martin said it's hard to develop goals unless you have trends and patterns. Helpful for us to cluster 4-5 topics to explore and then match questions to those topics:

- Awareness
- Policy
- Communication
- Current level of satisfaction around what we've been doing
- Something that does not exist, what would you like to see?

MJG: should we ask students those same questions? Staff, students, parents?

Jennifer Martin asked that we think about students. Are you wanting students to know about District policy; would that look different?

Sarah Centeno said with an open campus, as far as allergies go, people who have allergies are more aware of who they are sitting with.

MJG said that allergies for parents and staff are a bigger deal; asking if they are aware of the District policy? Do they feel that the policy is implemented and safe when their child goes to school? When we talk to students, what do we want to know? Different for each grade/school.

Jennifer Martin said that we have so many surveys; would rather not unless we have a strong need.

Robyn Wiens offered that we just need a sample size.

Jennifer Martin said that students go out to recess and have PE everyday; many things we can ensure happen every day; policy of going outside every day; wellness issues on both sides of the scale.

MJG asked if we are more concerned with the food aspect: are they eating breakfast; are they bringing their lunch?

Jennifer Martin suggested a need to educate people on food that is offered in school. Create a sample group to survey; i.e., principal's advisory; representative sample.

MJG asked if we can we give them a heads up? For the elementary schools, the food focus should be more on parents. It's not a bad idea to hear from the elementary school parents/students.

Jennifer Martin suggested a thought exchange with one grade level; create and set up through PE.

Christine Blankenship suggested we sample a good cross section of students.

MJG asked if we should survey of middle school and high school; every student?

Robyn Wiens added that we just need a sample size.

MJG asked what would be best for high school?

Dan Gutchewsky suggested we piggyback on the March survey; hit all of the health classes, Freshman/Sophomores in health class; Junior/Seniors in PE classes.

Tina Murtha - should we identify if they play a sport?

MJG asked how many questions - 10 questions for each level? MJG will take what we have; create the questions and send to everyone. Put everything in a google doc, how to sign off; Doodle thing to track or do we want to have a meeting? Comments on google doc would be preferable.

The Meeting ended at 5:35 p.m.