

**Wellness Committee Meeting**  
**Monday, September 27, 2021**  
**4:00 p.m.**

Attendees:

Heather Christman  
Julie Connor  
Mary Jo Gruber  
Dan Gutchewsky  
Anthony Henderson  
Maci Klaus  
Samantha March  
Jennifer Martin  
Tina Murtha  
Alexander Lenger  
Pamela Lyss-Lierman - guest  
Cheryl Redohl  
Debbie Reilly  
Christine Schneiderhahn  
Kim Sherony  
Tobie Smith - guest  
Jennifer Todd  
Kami Waldman  
Robyn Wiens  
Chris Win  
Mina Nashan

Those invited but not in attendance:

Michelle Fohey (Maternity Leave)  
Angela Liebermann  
Jennifer McDaniel  
Stacy Siwak  
Molly Troy  
Jason Wilson

**Agenda Items:**

Welcome:

Mary Jo called the meeting to order. Everyone introduced themselves and their roles.

Public Comment:

There was no Public Comment.

Approval of Minutes:

Tina Murtha made a motion to approve both the 1/27 and 5/24 minutes. The minutes were approved.

Student Wellness:

Food Service Update - Michelle Fohey, Chartwells Director, had a baby boy last week.

Due to Covid, we are still restricted on meal/food choices that are offered. We also need more staffing, as we are short about three staff members. There are three options for lunch, which will include more vegetarian options. We will offer one fruit and one veggie option. We do not have many students going through the cafeteria. At some of the schools none of the students are going through the cafeteria.

Because of CARES funding, we do offer free breakfast and lunch to all students. Michelle is working on getting an Instagram account set up. We began a Discovery Kitchen at Glenridge this quarter.

Comments regarding Food Service:

Maci Klaus, student, doesn't eat the school lunch often, but likes the food, likes the free lunch.

Community Wellness:

Center of Clayton Update - trying to get back to normal. The Center is starting some classes, but not many group classes. Memberships are growing. They are working on getting some Zoom classes started (like Peleton) which would allow access to many virtual classes. These would be free if you are a member.

All-in Coalition Update:

Kim Sherony updated everyone on the All-In Coalition. All-In is participating in a lot more community and school outreach. Two youth coalitions: one at WMS one at CHS.

October is a busy month with a few events: During parent/teacher conferences on October 21, WMS will air "Hidden in Plain View". The producers will set up a teen bedroom and recreate hiding places for drugs and alcohol.

The Mental Health Series has been extended this semester. There will be two talks, both virtual. On October 18 speaker Tim Bono from Wash U. will be talking about adults supporting students in a high performing atmosphere. On October 26 a child psychologist will be discussing the impact of social media on student's mental health. There will also be a free screening of "Like" on the impact of social media, the science behind social media. All will be announced soon in District communications.

Mina asked about students communicating with adults on the pressure they face. Kim said there was an opportunity last year, and this is something All-In is hoping to do this year. Find a way for middle schoolers to have those conversations during the school day, through the Coalition, similar to Clayton Conversations at the high school.

Pamela Lyss: has Clayton ever screened "Screenagers"? Impact of screens on teenagers. Discusses technology and resilience. Target audience is high school and middle school parents and students, including conversations with parents and students. A weekly tech blog to parents is highly recommended.

Anthony Henderson, Meramec: Anthony has tried to get the parent population involved in technology but we miss the mark because we don't have those conversations with elementary parents. We wait far too long for these conversations.

Kim Sherony: We need to do a better job communicating these events to parents of every grade.

Staff Wellness: All staff members receive a free Center of Clayton membership. We haven't restarted the staff classes. Mary Jo will send out info on virtual classes. Mary Jo is working with our carrier (Anthem) on an opportunity for free health diagnostics for staff (blood work, take to their doctor, at no cost to them). The district will not receive any personal staff info on this.

District health benefits have been renewed this year with no additional cost passed along to staff.

#### Review of Wellness Assessment Recommendations:

Review Status Chart - Mary Jo introduced the Healthy Schools Assessment Guide (attached). This report scores schools and targets ways to improve. As the year progresses, we will update the status of this report.

.

Activities: we will work with the Communications and PE departments to put together staff health activities..

- Walking maps - work with the City so that families come into the District, they will know streets and crosswalks and safe ways to get to the schools.
- PD for teachers implemented into next year's school plans.
- Working to update handbooks and policies.
- Not offering after school physical activity right now, but looking at it quarter- by-quarter, only doing KidZone right now, not sponsoring any after school activities in the grade schools. Working with each school, encouraging each school to work together.
- Mary Jo is working with our healthcare provider for a staff member's health assessment.

#### Survey Results:

- Communications plan: we will work on that this year and bring it back to the committee.

- Collaborating with Food Service to increase fresh food offerings.
- Working on communication pieces this year.
- Giving passes to COC to 7th and 8th graders, encouraging them to do their own physical fitness. Even non-member students can use the pass.
  - How was it communicated? Mary Jo will find out. Can put in school announcements, mention this at Parent Teacher Conferences.
- Working on programming and memberships for staff members.
- Dan Gutchewsky stated that the COC is restricting basketball and loitering in the Center due to the mask mandate.

#### Social and Emotional Work - Next Steps:

- Robyn Wiens provided an update. Feedback from counseling and social work teams, need for a contracted service provider who could run small groups for students re: anxiety and stress. Smaller group of counselors have helped. Tobie, Anthony, Liz Tucker have provided feedback.
- Rollout: phased implementation on a regular basis at three of the buildings. Duo Dogs - therapy dog. Working with them to have a therapy dog one day a week in each school. The company is not taking any new jobs right now, short on dogs and training. However, we might be able to do some ad hoc days, possible during finals week.
- Panorama data collection for grades 3-12. This is a social/emotional tool, a district goal of 90% response rate. Staff invested in using this data.
- The need for communication was a huge piece of the survey last year. Robyn is working with the Communications Department to add a mental health page to the District website to ensure that our community can find this info online.
- Three things for group feedback:
  - Data Collection - how do we know how our kids are doing? Beyond Panorama, what other data sources am I missing?
    - What data sources are we missing that could be considered?+
    - Diagnosis from IEP/504 assessment

#### Risk Assessment

- Types of reports for children's division
- Better job tracking number of referrals that we give to outside agencies
- Helpful for us to track outpatient, inpatient hospital stays for students
- Other metrics Robyn could use on how kids are doing
- Pamela Lyss-Lerman: how is it being used, how does it benefit kids?
- Robyn: Using ESSR money to fund issues
- Kim: In the data sources, do you include instances when a student is caught using a substance at school, there can be a mental health challenge with those students. Robyn can monitor that through discipline data.
- Address changes for students, transitional, emotional time for students
- Referrals to school counselors
- Mina: contracted outside counselors - what does that look like to support counselor or someone that the student visits?

- Robyn: Throughout the school year counselors will identify students who show certain behaviors at school, such as anxiety, some will meet with a base counselor or outside counselor, some could address it through a small group strategy. Consistent service delivery with outside support.
- Pamela: Has Clayton looked into the idea of Wellness Centers in high school or middle school? Anthony and Tobie approve of this.
- A wellness center is usually at the high school level, for sexual, mental and physical health. Hire people to run groups who do short-term individual work, tasked with communicating to parents about health.

### Other Topics:

Mental Health: Robyn Wiens stated that in the area of mental health there are so many different opportunities for parent communication. Parent and caregiver info around technology. Are there any other hot topics that we think families would be interested in?

- Anthony Henderson: Divorce - think through the process of how this will impact the kids. Contentious divorce, two households - how do 2 parents remain partners in raising their kids?
- Chris Win: Wait until 8 campaign (do not give children cell phones until 8th grade)
- Jennifer Todd: the importance of self-care of parents. Anxiety in parents, time management, organization.
- Debbie Reilly: Parent Education is part of the program at the Family Center
- Tobie Smith: Grit and resilience in kids - really low in kids right now. How to embolden kids to deal with set-backs.
- Ali Lenger: College preparation
- Robyn: Mental health, anxiety, depression - what would people think about a community wide "phones down" campaign, e.g., on Thursdays our phones are down, promote with students, family to put phones down and encourage people to do other things. Families talking together about substances and relationships. Human connection piece.
- Collaboration between many sources - PTO, All-In, Center of Clayton, working with Ali to put together a social media campaign, offering other ideas of things they can do.
- Tina: When is the best time to do this - night or during lunch?
- Kim: Likes that it could be intentional, All-In would be interested in collaborating on this
- Mary Jo: Activity at the Center for families to do, physical activity as well as social awareness.
- Tina: How can Clayton be connected from one end to the other, from Wydown to Maryland, how to safely get around Clayton. How well do people know that, a way for families to safely bike ride. New bike lanes.
- Robyn: Encourage people to use the pickleball courts.
- Kami: For Middle schoolers to incorporate during the day, during lunch
- Jennifer - What are the events taking place across the district before sending a date out for Phones Down, take a broader lens at different events
- Christine Schneiderhahn: Lunch is their "me" time. Have to be mindful of how this is structured and worded.

Adjournment:

Mary Jo will share the Google sheet with everyone and post on the website. This will be an on-going document that we will update. Any questions, please send Robyn or Mary Jo an email. Feel free to invite people to the Zoom meeting next time.

Mary Jo adjourned the meeting at 5:20 p.m.

Next Wellness Committee meeting: December 6th (Monday) 4-5:30 p.m.

[Attachment: Tri-Annual Assessment](#)