

DRAFT MINUTES

Wellness Committee Meeting - Monday, March 14, 2022

Zoom Meeting

Attendees:

Christina Blankenship
Heather Christman
Julie Connor
Laila Crabtree
Michelle Fohey
Mary Jo Gruber
Dan Gutchewsky
Anthony Henderson
Pamela Lyss-Lerman
Samantha March
Jennifer Martin
Jennifer McDaniel
Tina Murtha
Mina Nashan
Cheryl Redohl
Debbie Reilly
Kim Sherony
Stacy Siwak
Tobie Smith
Jennifer Todd
Molly Troy
Kami Waldman
Robyn Wiens

Those Invited but not in attendance:

Jason Wilson
Maci Klaus
Christine Schneiderhahn

Welcome

Mary Jo Gruber opened the meeting.

- Norms
- Introductions

Public Comment

There was no public comment.

Approval of Minutes - 12/6/21

Mary Jo asked for approval of the 12/6/21 minutes. Robyn Wiens moved to approve the minutes with the correction of the spelling of her name, and Anthony Henderson seconded the motion. Motion passed unanimously.

Student Wellness

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

Michelle discussed the Mood Boost program, a 7-week program at the elementary schools featuring 7 Characters. This program will start in April. Michelle will create menus, recipes and sampling so that all of the students can taste. Chartwells did implement a food truck, available to all Chartwells accounts. Michelle will be reaching out to building leaders regarding reserving the food truck. Will begin Fall 2022. Can be used as a reward for a class, rent for Homecoming, etc. Fall 2022 we had a Dietetic intern who went through the Wellness Survey and uncovered things to improve on, the biggest being variety. Elementary schools have three entree choices. Food Service looked at protein options: Bento boxes, we have a yogurt parfait, our own version of a Lunchable. Hummus is back. At WMS and CHS we will go back to a deli bar next year where students can create their own lunch.

Mary Jo: Hoping elementary will be eating in the cafeteria in Fall 2022. Hopefully we can bring back the salad bar. We want to do a parent/student survey. Since we're not back, we're going to wait until Fall 2022. Will look at different options for focus groups with students and parents. Regarding the food truck, we have a Culinary group and that may be an option for them.

Robyn Wiens: Meal price waivers will end this school year. Free and reduced applications will be sent to all families this summer. We will return to normal pricing in Fall 2022.

Pamela Lyss-Lerman: Do we have or have we considered gluten free options for students?

Michelle Fohey: we work with the nurse for those students.

Community Wellness

- **Center of Clayton Update-Molly Troy, COC:**

Finished brochure for camps; Spring Break camps. Eleven weeks of summer camps 6/6 - 8/19. On claytonmo.gov/camps. The Center is seeing an increase in members in the facility. People are continuing to signing up for the Fitness on Demand app. Usage is growing.

- **All-in Coalition Update-Kim Sherony:**

This Wednesday, March 16 from 4:30 - 7:00 p.m. during conferences we will have the "Hidden in Plain View" exhibit; mock teenage bedroom. Focuses on substance abuse, provides parent materials. We are partnering with Student Services for the Speaker series "Caring for Head and Heart", March 29, a Parent's Guide to Youth Substance Abuse. We will walk parents through new trends, such as vaping and cannabis; help empower parents to have those tough conversations and show parents the extra support that is out there. Already 25 people have registered. Working with Chris Win to organize parent focus groups to give the Coalition more qualitative

data, identify resources or materials that parents will need. Looking for parent volunteers. More coming out in district communications.

Robyn Wiens: also working on another "Caring for Head and Heart" event near the end of April. The focus will be around phone usage, age appropriate, pros and cons. Will put together a well-rounded panel.

Kim Sherony: both presentations will be virtual.

Staff Wellness

- **Benefits-Mary Jo Gruber:**
Benefits operate on a calendar year so we just reviewed 2021 claims and they were within normal trend ratios. For the last 4 years the District has been self-funded and have needed to build up its reserve balance. We are now at the recommended fund balance and are able to use some of these reserves for health incentives. Trying to implement some new staff wellness initiatives targeted for Fall 2022, either during opening week or in coordination with flu shots. Goal is to have biometrics for staff to know their numbers.
- **Health Services, Heather Christman:** We have offered 4 vaccine clinics, 2 were boosters during afternoon/evenings on Friday. Clinics for staff, students, and parents, including children ages 5-12. Huge successes. Robyn secured therapy dogs through Duo Dogs, plus we played movies and music. Hosted Staff CPR classes. Jodi and Heather are teaching CPR together, already held 4 classes this year. Started COVID testing today that is contracted through a third-party in collaboration with Webster and Ladue school districts. Students or staff who may have been exposed will be able to go to a location at one of the three schools to get same day testing. Will run Monday - Thursday, no appointment, just walk in. Location for Clayton is the admin building lower level vestibule.

Summer Institutes, Julie Connor:

Julie discussed using the books, "Brain Rules" and "Positive Mind Set" for Teachers. Meghan Meghario is teaching a mindfulness session. Teachers have been asking for movement in the classroom. A lot is planned for this summer.

Tina Murtha: Mentioned that the Clayton Kids Triathlon is returning on August 14, hosted by The Center of Clayton. The Triathlon is for children ages 5-14. Details are posted on the COC website.

Social and Emotional Wellness

- **Update-Tobie Smith:**
Working with a team from the high school to host a wellness week, building on what we have and other ideas to enhance. Kim Sherony is working on a wellness week for the week before finals. We will have stations throughout the school. This semester we will take advantage of the weather and have things in the quad such as fun games, Duo Dogs, arts & crafts. Targeted for May 23-27. Finals start the following week. Program will run during the lunch breaks, 11:15 -

1:25. Considering the idea of a punch card to incentivize students to visit the stations. Raffle at the end of the week for students to win a cool prize. Encourage staff the entire month to get outside in the nice weather. Suggesting teachers submit photos of their students doing things outside. Wellness week at WMS during MAP testing or PAC time. Looking for volunteers to help. Duo Dogs coming on April 6. This is a partnership we want to grow. Robyn applied for the District to be an official partner.

Robyn Wiens: Want to use COVID federal relief money to help students with mental health issues. Center for Mindfulness, started in 3 elementary schools, able to serve 22 students, sessions for 7 weeks, focused on coping skills. We started adding in secondary students (WMS) so we now have a few middle school groups. Reaching more students than before by partnering with third-parties. Parents are supportive of their child participating. Able to double the number of students who are able to participate.

Spring round of Panorama surveys are active and will be given within the next couple of weeks. We are looking forward to giving results to the board. Focus on grades 3-12. Refresher for staff on Panorama in January PD. During the March 30 Board meeting, Robyn will provide an update regarding the Head and Heart initiative related to the strategic plan, talking about feedback from students and parents from engagement event, mental health, academics and healthy choices.

- Parent Education Opportunities-Robyn Wiens: Brainstorm:
 - Time with sexual education
 - 5th grade transition to middle school and preparing parents for that change
 - Janey doing a workshop on the middle school brain, suggest that book for parents
 - Appropriate logical discipline, expound on those teachable moments and supporting our children
 - The I Generation - different challenges and struggles of this generation, helpful to bridge that generational gap
 - All-in substance abuse, reach out to health teachers about feedback they've been getting from parents
 - Anxiety - all grades, post-pandemic
 - Students at younger levels have missed out on opportunities for socializing, ways we begin to reintroduce our students to social events
 - Ensuring that we're not going back to an overloaded schedule, finding balance
 - Parents need a booster about having a discussion once kids move into the high school, anxiety at all levels, high schoolers overloaded, how do they manage mentally
 - Supporting your child as a unique learner, covering what's not covered at school

Our next meeting is May 9, 2022.

The meeting ended at 4:56 p.m.