

District Wellness Meeting

October 4, 2022 / 4:30 - 5:30 PM / Zoom

<https://redclayschools.zoom.us/j/87214122533> Meeting ID: 872 1412 2533 - Find your local number: <https://redclayschools.zoom.us/u/keHeQtpvYT>

Attendees

Jessica Farrand, Emily Hamlin, Cathy Thompson, Jose Matthews, Paul Toy, Tyler Downes, Gina Crist, Adam Domski, Lauren Messick

Agenda

Opening Items

1. Review of October Agenda and April 2022 Meeting Minute Approval
2. Public Comment (If Requested)
 - a. No attendance requirement for voting; can set a google form out to attendees to get their vote.

Last Meeting Follow-Up

3. None

New Business

4. Wellness Champion update & professional development ideas – ways to support
 - b. More co-champions this year and all former champions are returning except for one. Still missing a champion at HB, Skyline and Meadowood. Champion successes include; school gardens, fun runs, staff workouts, family newsletters, cooking classes with UD cooperative extension, smoothie demonstrations, etc. Looking for new ideas for our schools!
 - c. Professional Development: Mental/Emotional Wellness/ Behavioral health and Staff Wellness came up for professional development ideas. How to work with students with behavioral issues and preserve staff mental health. Staff self-care training (3-hours) from University of Delaware. SLD Coaching - Brandywine SD, Unionville SD – Steph Deputy.
=(<https://www.sldcoaching4u.com/>).
5. School Health Assessment Review/Committee Goal Setting & Planning

- d. School health assessment review from January 2022 – areas of need include school health environment, staff wellness, and community involvement.
 - e. Goal Setting and Planning
 - i. Past goals: Build committee, create wellness champion positions, increase physical activity in schools, adding nutrition education into PE & health
 - ii. Goals for SY 2022-23
 - 1. Staff wellness (emotional, mental support as well as physical).
 - a. What can we do to make sure staff are feeling supported emotionally? Market benefits through insurance plans for emotional/ mental health services (plan to post through teacher/ staff breakrooms/ intranet). EAP hotline. Tier 1 groups. PD/ Faculty meetings to get teachers/ staff together for wellness initiatives. Community resources (free or available) for staff members.
 - 2. Community & parent involvement in the schools.
6. Water Bottle Proposal Review/Mini Grant Proposal Review
 - a. Will send out proposals with information and a google form for voting by Friday, October 7, 2022. Deadline to vote will be sent in email/ google form. Linger questions, please email Jess Farrand for more information.
 - i. Water Bottle Grant: \$1,000/School
 - ii. Wellness Mini Grants: \$1,000/School
7. Spring Wellness Challenge
 - a. Start to brainstorm ideas!

Action Items

- 8. Vote on Proposals via google form – all committee members

Next Meeting

December 7, 2022 4:30-5:30 pm [Zoom]

This meeting is open to the public. The draft meeting minutes will be posted on the district's website, redclayschools.com, within 3 business days of the meeting.

COVID-19 Precautions: *Health and safety are our top priorities. Individuals attending the meeting in person must maintain at least 6 feet of social distance and wear a mask at all times.*