



# Wellness Committee Minutes

Red Clay District Wellness Committee			
12.10.19	4:30-6:00 p.m.	1800 Limestone Road, Wilmington, DE Stanton Audion	
Meeting called by	Jessica Farrand MS, RD, LDN, District Wellness Chair		
Type of meeting	General		
Facilitator	Jessica Farrand MS, RD, LDN		
Secretary	Emily Hamlin, RD, LDN		
Timekeeper	Jessica Farrand MS, RD, LDN		
Attendees	Jessica Farrand, Nutrition Specialist Emily Hamlin, Red Clay Dietitian Amy Archer, BSS Nurse Karen Nestor, Cooke Nurse Lauren Messick, Special Services Jill Machemer – Special Services		
Approval of September 2019 Meeting Minutes, and Public Comment Period			
4:30-4:40 pm	All Attendees		
Action Items	Approved September 2018 Meeting Minutes		
<ul style="list-style-type: none"> <li>Approved</li> </ul>			
Public Comment Period		Person Responsible	Deadline
4:40-4:45pm		All Attendees	N/A
Action Items	Discussion		
None	Family Resource fair went very well. Wellness booth had exercise dice and examples of the amount of sugar in beverages as well as examples of whole-grains and participants were asked how much sugar they thought was in a beverage and if they could name all the whole-grain examples (some examples were whole-wheat flour, brown rice, quinoa and oats). It was eye opening to see how much people really don't know about nutrition/ exercise.		
Community Liaison Update		Person Responsible	Deadline
4:45-4:50pm		Maryann McConnell	N/A
Action Items			
None	Maryann was not in attendance. Jessica Farrand relayed that many of Maryann's resources will be added to the wellness resources Schoology page.		
Fundraising Update		Person Responsible	Deadline
4:50-5:15pm		Jessica Terranova	N/A
Action Items			
None	<ul style="list-style-type: none"> <li>★ Need to replenish district wellness funds for mini grants towards wellness (ie. Standing desks, new gym equipment, etc.).</li> <li>★ Small amount of money was given to wellness fund for anti-vaping message. Working with Taylor Green on messaging.</li> </ul>		



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	<ul style="list-style-type: none"> <li>★ Would like to sell clothing with the Red Clay Wellness logo to make people aware that there is a wellness committee and get more people involved, as well as raise funds for wellness mini-grants. Discussed different ways to market to staff to get them to buy some gear. Some ideas included (with admin approval) jeans days where if staff would wear wellness gear, they don't have to pay to wear jeans. Commercial in the middle of one of the cooking shows, and going to different schools during faculty meetings to show staff wellness gear. Another idea was to tie clothing into wellness challenge (join the wellness challenge and buy a piece of wellness clothing they can get bonus points). Market clothing on different types of social media and possibly Red Clay intranet site.</li> <li>★ Other fundraising ideas included a Wellness Happy Hour. Different restaurants will give money towards groups. Could make it a kickoff event for the wellness challenge where they can sign-up for the challenge and hang out with other challenge participants. Could also have wellness gear there.</li> <li>★ Amy suggested instead of the same colors, it might be nice to add a fun color (neon colors, prints, etc.) that could be changed with the seasons or wellness challenges.</li> </ul>				
<b>Chair Update</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Person Responsible</th> <th style="width: 40%;">Deadline</th> </tr> </thead> <tbody> <tr> <td>Jessica Farrand</td> <td>N/A</td> </tr> </tbody> </table>	Person Responsible	Deadline	Jessica Farrand	N/A
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Jessica Farrand	N/A				
5:15- 5:30pm					
None	<ul style="list-style-type: none"> <li>★ Grants at Richardson Park and Cooke have gone great. Program has taken off at Cooke with girl scouts and volunteers. Reminder that the nutrition department can fund gardens if the school lets the department serve produce in the cafeterias during lunch.</li> <li>★ PE teachers are now teaching nutrition education classes! During a PD day in October, they were taught nutrition lessons and given a kit to take back to their schools to teach these nutrition courses. This is for all grades in the district. Teachers that teach the class receive money for their budget for each class.</li> </ul>				
<b>Spring Wellness Challenge</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Person Responsible</th> <th style="width: 40%;">Deadline</th> </tr> </thead> <tbody> <tr> <td>Jessica Farrand</td> <td>N/A</td> </tr> </tbody> </table>	Person Responsible	Deadline	Jessica Farrand	N/A
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Jessica Farrand	N/A				
5:30-5:55pm					
<b>Action Items</b>	<b>Discussion</b>				
	<ul style="list-style-type: none"> <li>★ Wellness Challenge – Making challenge about self- care using a wellness wheel (Emotional, Social, Physical, Financial, Spiritual, Occupational – make same wheel as what students are getting in PE class so that this can trickle down to students).</li> <li>★ Setting goals for challenge – Goal Bank – participants can pick what goals they want to work on (ex: self-care goal is going to be exercise and I am going to walk 30 minutes, 3 times a week. Make it measurable for participant to modify their own behavior). After the week is over can see how many days of the week you met your goal (walked 3x a week, 30 minutes each time). Have a goal sheet? Could have each participant have a self-care buddy where your buddy checks on you throughout the challenge and possibly after the challenge ends.</li> <li>★ Each participant could take a quiz that shows them where on the wheel they need more self-care and if they want, they can make their goal banks items from parts of the wheel where they need more self-care.</li> <li>★ Instead of cash to do the challenge maybe donate 10 canned goods or \$3.00 and a non-perishable item for the food bank.</li> </ul>				



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	<ul style="list-style-type: none"> <li>★ Lauren M. volunteered to write up a description for self-care, send questionnaires and a self-care video (thank you Lauren!).</li> <li>★ Wellness challenge sub-committee to meet before next wellness meeting in February. Come up with some goals/ examples for each piece of the wellness wheel. Ideas for how to keep people motivated, marketing/ videos, how to track the data, prizes (weekly give-a-ways, donate money towards charity of choice, towards art fund or building fund), if their self-care goals are helping them feel better, etc.</li> <li>★ Wellness Challenge sub-committee meeting to be held on Monday, January 6, 2020 4:00pm at Brandywine Springs Nurse's office.</li> </ul>	
Committee Action	Person Responsible	Deadline
5:55-6:00pm	Committee Members	N/A
Action Items	Discussion	
Subcommittee Meeting	<ul style="list-style-type: none"> <li>★ Wellness Challenge sub-committee meeting to be held on Monday, January 6, 2020 4:00pm at Brandywine Springs Nurse's office.</li> </ul>	
<p>Meeting Adjourned: Next Meeting February 11, 2020 4:30-6:00 p.m.</p>		