



# Wellness Committee Minutes

Red Clay District Wellness Committee		
2.11.2020	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 Terranova – Nutrition Services Manager Jessica Farrand – Nutrition Specialist Emily Hamlin – Registered Dietitian Lauren Messick – Special Services MaryAnn McConnell – Highlands Nurse Sharon Rose-Gargula – Stanton Nurse Jill Macheimer – Special Services Amy Archer – BSS Nurse Melanie Kline – 3 <sup>rd</sup> Grade Teacher at Lewis Deborah Englehart – Richey Nurse Nicole Ewing – Linden Hill Nurse Tricia Seeman – Dickinson (Health and Physical Education Teacher) Shavonne Carter – McKean Teacher (Anatomy and Biology) Anne Thompson – Red Clay Parent Alisha Dancy – Lewis Nurse	
Approval of September 2019 Meeting Minutes, and Public Comment Period		
6:00-6:05pm	All Attendees	
Action Items	Approved February 2020 Meeting Minutes	
<ul style="list-style-type: none"> <li>Approved</li> </ul>		
Supporting Students and Employees during Remote Learning	Person Responsible	Deadline
6:05-6:45pm	All Attendees	N/A
Action Items		
None	<p>Nutrition department giving out meals on Tuesdays and Thursdays at no cost to students. Number of meals comes out to roughly 3000 meals per day for the entire week (Sunday – Saturday). Certain schools are having a better turn out than other schools.</p> <p>Since the nutrition department is physically seeing the students, we could do a wellness challenge with the kids and hang out something tangible. One idea is the “drop everything and move” calendar (Dickinson quarantine calendar) – this could go out to families so that they can do some kind of physical activity.</p>	



# Wellness Committee Minutes

	<p>Ideas of how to reach out to students/ employees and parents during remote learning.</p> <ul style="list-style-type: none"> <li>- Employees – mental health check and coping with isolation/ different challenges that people are having. Tiered staff self-care –good resources with this.</li> <li>- How are we going to communicate with parents/ employees/ students – something more tangible with meal pick-up for a social connection vs. something online (email, social media – screen fatigue) Wellness committee has a budget of roughly \$1,000 to do something for kids (pumpkins or decorations – something fun for them to see at meal pick up). Dressing up to get kids excited – guess how much candy corn is in the container (example) – how many steps would it take to burn off the candy corn etc.</li> <li>- Yoga Live – 10 minute yoga flow – positive feedback vs. meditation on ZOOM. Could hand out charts of yoga poses/ flow for breaks between classes (teachers AND students) for social/ physical health – adding structure back to the day (mental health check-list).</li> <li>- Every week we do some kind of challenge for the kids to do when they are at home (one of the 7 wellness challenge and get something for their efforts)</li> <li>- Suggestions for things that families can do for fun safely (as people do them we can post them on social media so that people can give each other ideas for what to do like apple picking, instead of TV – playing a board game for 1 hour; family conversation cards; getting parent or older sibling involved, etc.) Need teacher buy-in; teacher to let kids know that they can pick up materials at meal pick-up.</li> </ul>
--	--

Committee Action		Person Responsible	Deadline
6:45-7:00pm		Committee Members	N/A
Action Items	Discussion		
Recommend to Superintendent	N/A		
Meeting Adjourned: Next Meeting December 9, 2020 at 4:30pm [TBD on Location Meeting or Remote]			Deadline



# Wellness Committee Minutes
