



Wellness Committee Minutes

Red Clay District Wellness Committee			
12.9.2020	4:30-5:30 p.m.	ZOOM	
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 – Registered Dietitian Sharon Rose Gargula – Nurse Stanton Stacey Buchanan – Asst. Café Manager Debbie Englehart - nurse Karen Nestor – Nurse Cooke Lauren Messick – Special Services Maryann McConnell – Nurse Highlands Nicole Ewing – Linden Hill Nurse		
Approval of September 2020 Meeting Minutes, and Public Comment Period			
4:30-4:40pm	All Attendees		
Action Items	Approved September 2020 Meeting Minutes And December Agenda		
	<ul style="list-style-type: none"> • Approved • Public Comment - Nutrition Department is serving meals T/R – same as fall schedule at most schools with the exception of AI Middle. Still doing evening hours 4:30-6:30pm. Would be a great idea if principals could add to their messages to families/ Sunday or weekly message – also letting staff in buildings know if they have kids that they can take meals home for their kids. 		
Conversation Clubs		Person Responsible	Deadline
4:40-4:55 pm		All Attendees	Feb 2020
Action Items	Discussion		
Jessica Farrand reach out to PTA/PTOs for each school and see if they have interest in the committee or sending a team member to meetings.	<ul style="list-style-type: none"> - Most respondents to the survey wanted to see Cooking, Home Improvement, Fitness and Exercise as topics for conversation clubs. Haven't moved forward with this idea because of going into hybrid and back to remote. - Group consensus is that right now between going back and forth between remote and hybrid learning that another thing to do in general/ with technology feels overwhelming right now. Group agreed to revisit when things have calmed down and are less hectic. - Use this time for assessments and to see what students and staff need from us as a committee and how to beef up wellness committee (students/ parents/ community members). - Need more parent/ community involvement in wellness meetings. Some ideas for more involvement include a raffle at the end of the year for a gift card or service. For every meeting you attend in person or on zoom, your name can be entered in the raffle. Adding a spot in the PTA for wellness in schools that have 		



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	PTAs. Doing meetings via zoom AND in person once it is safe to meet – attendees who do not want or cannot attend in person can zoom.	
Screen Time Contest		Person Responsible
4:55-5:15 pm		All Attendees
Action Items	Discussion	
Lauren Messick to send more information on screen time. Jessica Farrand will work towards putting out “tip sheet” for employees.	<ul style="list-style-type: none"> – Screen time contest with limited screen time during leisure time (not including screen time with work). Possibly having mini goals for people to meet. For example, no screen time during dinner or no screen time when we all go on a walk together. Giving staff tips on how to limit screen time when it doesn’t involve work. – Watch the social dilemma on Netflix 	
Wellness Collaboration		Person Responsible
5:15-5:25 pm		Jessica Farrand
Action Items	Discussion	
Jessica Farrand will bring the assessment metrics to the larger wellness collaboration.	<p>- Jess F. and Lauren M. participated in a meeting with employees throughout Red Clay that are involved with wellness initiatives (student, staff, community) to see what each group or department was doing. Goal is to have an open communication between different departments to make a greater impact on student and staff wellness initiatives.</p> <p>-Meeting touched on doing an assessment to see what employees need (people struggling in many ways, emotionally, mentally and financially) as well as measure several metrics to measure school’s wellbeing. What do we as a group want to add to this assessment?</p> <ul style="list-style-type: none"> • Metrics - Engaged in Volunteer Work at the school, Absenteeism, Extracurriculars at the School, Appearance, Weight/Health, poor problem solving 	
Committee Action		Person Responsible
5:25-5:30 pm		Committee Members
Action Items	Discussion	
Meeting Adjourned: Next Meeting February 24, 2021 at 4:30pm [TBD on Location Meeting or Meeting via Zoom]		