

**October 5, 2015  
Wellness Minutes**

**Attendees:** Katherine Moore, Carolyn Eastman, Heather Machanoff, Tom Newkirk, Todd Allen, Eileen Moran, JoAn Saxe, Jean Wons, Tracey Schroeder, Jessica Whalen,

**Reviewed agenda**

**Reviewed the goal achieved last meeting**

Katherine Moore shared work she has begun with the support of Sue Johnson and Deb Jankowsky.

This is the work to date that she shared below:

*I have been working diligently toward our first goal for 2015-16 ORCSD Wellness: to have “one stop shopping” for health and wellness related information. After conversation and work with Deb Jankowsky and consult with Sue Johnson we feel that adding to the ORCSD Health page (listed under the “student” drop on the ORCSD website), is the best place to put our work. We can easily rename it Health and Wellness but leave it right there. We also feel it makes the most sense to leave the wellness link that has a direct maze to it (lol) under the “school Board” drop down where it is for the wellness meeting minutes to continue to be posted. These are 2 separate things: committee reports and information for families about health wellness. They should stay as 2 different things and not muddy the Health and Wellness page. This is a decision made by me in consult with ORCSD Technology (Sue) saying what will work and Deb, an outsider, telling us what would make sense to parents, teachers, committee members and community.*

*All that said the expansion of the Health site/page:*

- 1) The page already exists. Sue and I will rename it Health and Wellness*
- 2) That page has one area/subject at present: A. Health services within the schools (it list the nurses and has pdf's of the forms people might need for health related stuff in school)  
I have compiled an entire thumb drive worth of information to add 2 more area. ALL 3 area will have a click tab at the top to drop people on the area of their pleasure! The areas will be as follows:
  - A. ORCSD Health Services*
  - B. ORCSD Health Curriculum*
  - C. Community Resources (I have scanned in the resource lists from Community Partners and Community Action. I also have some websites that help with Suicide Awareness and I think the ORMS Counseling Team said they have more resources compiled as well!)*
  - D. District health and wellness policies and protocols.**

*If the committee is happy with this lay out I will move forward with Sue J who is willing to teach me how to get all this info on to the page. She will then teach Deb J and I how to be the “upkeepers” of the page.*

*I will need the information from the MS counselors to add as well.*

**Discussed components:**

**Consistent title of Health and Wellness across all school pages and links to guidance and then link to district page**

Eileen shared some concern over losing her personal page at ORMS – she was assured that she could maintain that and have a link to the district webpage.

On ORCSD Health and Wellness – there would also be a link back to the individual nurses pages.

We need to make sure we have hardcopies of things for those that may not have internet.

Hard copies have been going home in the bags with students as a way to send home resources.

Should we still be sending information home paper copies to all students? Many thought that was a good idea.

Should we just put a link to the standards in? Curriculum?

Jean said that all their counseling and health work is in Atlas – can that be copied.

Standards to link should be: Counseling standards- ASCA - in Atlas, PE, Health,

**Q: What would be another goal that the Wellness Committee would like to work on in the 15-26 school year?**

**Goal # 2 - To improve efforts related to student wellness and mental health district- wide by 2016.**

Create Subcommittee on Mental Health - Counselors, Todd, Heather

Needs assessment and publish resources, public forum in the spring

Tracey mentioned there should be a student on the committee – would this be helpful?

Katherine shared that she has 4<sup>th</sup> grade students on her committee and shared an end of year story about the 4<sup>th</sup> grade students who attend the Mast Way Wellness Committee.

Heather shared about possibly sharing with staff broader goals of the committee to have others join who are also passionate about the topics of health and wellness.

Tracey shared about her PTO Meeting and parents learning about the policy.

Todd asked about the building level wellness committees and how well are they functioning? There are 3 high functioning building level wellness committees and one that does not exist.

Katherine shared that follow through comes from the leadership – and sharing that it is federal and state mandated.

Heather feels that the re-branding will definitely help.

Tom asked about how the process works for reviewing policies related to health.

Katherine shared about review of policies and how we review our building level policies and whether or not

**Other Goals?**

**Maybe one more goal**

**Goal #3 - To continue to create parent awareness forums on health and wellness issues partnering with the community dinners over the course of the year.**

**Ask Doris about community Dinners**

What about SEL in the strategic Plan? Can someone speak to this issue? Is there someone on the wellness committee that is also on the SEL committee?

Question: Do we need to meet every month? Ask Doris about implications to grant

**Next Meeting: November 2<sup>nd</sup> – SAU Office conference Room – 3:30 – 4:30**

**A vote for Chair will need to happen at the November 2<sup>nd</sup> meeting.**