

Oyster River Cooperative School District
Wellness Committee Meeting
Monday, March 19, 2018 - 3:30pm in the SAU office Conference Room

Present: Brian Zottoli, Jesse Morrell, Kim Wolph, Tracy Schroeder, Theresa Proia, Catherin Plourde, Doris Demers, Eileen Moran, Heather Machanoff, Al Howland and Katherine Moore.

Meeting Called to Order at: 3:35pm

Sleep Survey: Jesse noted that ORCSD's first Sleep Survey was administered in May of 2017. The intent was to repeat the same Sleep Survey one year from then, so we need to start planning for May of 2018. Kim Wolph will check with Suzanne at the HS and Eileen will check with Jay at the MS to see when the survey can be scheduled.

Jesse stated that if the surveys could be completed by May 11, 2018, she could share the results with this committee at our next meeting on May 21, 2018. Brian stated that not all of students completed the survey last year. He suggested that we ask the advisory teachers at the HS to administer the survey to students. He mentioned that most of the students complete the survey on their phone, so no computers will be needed. See survey attached.

Mental Health Committee: Heather advised the committee that the counseling office is utilizing the SHAPES system. This is a system that assesses the programs in place in the school district. Heather explained that the setup is lengthy, and they are currently doing to self-evaluation right now. The hope is that once fully utilized, the SHAPES system will help he identify areas of the counseling program that need improvement.

Al mentioned an angry parent email that he received, that made him wonder if parents and students know what service we provide. It was noted that the services provided are outlined in the student handbook and there are wellness resources on our website. Al said he feels that the services provided are very confined at the school levels, he would like the information for all levels to go out to the parents, so they know the programs offered at all the levels. Brian stated that he is concerned that being too transparent increase the interest in services that may exceed our capabilities and that if we put it out there, we need to be ready to provide the services. Theresa stated we are not a community mental health center.

Catherine P. spoke to the fact that some services are appropriate for in-school intervention and some are not.

Wellness Policy Assessments: Kim Wolph-HS, Katherine Moore-MW, Eileen Moran-MS, Tracy Schroeder-MOH, will bring the annual assessments back to their buildings and make sure they get completed before our meeting in May.

Staff Wellness Events: Theresa spoke briefly about Take 5 for Balance, the new district-wide wellness program that will begin on April 2, 2018. It was mentioned that the High school is still going strong with their "Community Building" launched in December.

Direction of this Committee: Tracy spoke about her concern that committee needs a direction. She wanted to see if we could brainstorm ideas on how to make this committee more workable for the District. She feels as if we are doing the same programs for student's year after year and would like some new ideas.

We then talked about some of the things that are happening for students in the District. March 21, 2018, there is a student wellness day at the ORHS. The freshman will partake in the SOS (Signs of Suicide) workshop and the sophomores are participating in the Bystander program. It was noted that the Office of Student Wellness site has various resources for student engagement. Tracy suggested we think about bringing in a guest speaker for the students. She indicated that Lynn Lyons is a great speaker and would be a good resource for anxiety and resiliency. Catherine Plourde, suggested now that our curriculum content is in place, maybe we could take a year to focus on student need.

Future Agenda Items:

District Wellness Policy: Jesse suggested that we might need to revisit the District's Wellness Policy to see if we need to breathe new life into it, as the plan was written in April 2012.

Youth Behavior Risk Survey (YBRS): Heather noted that the YBRS data should be in soon. She plans to share the information and strategies with parents.

Meeting Schedule: Monday, May 21, 2018 at 3:30pm in the SAU Conference Room.

Meeting Adjourned: 4:30pm

Minutes Respectfully Submitted by: Theresa Proia