

Wellness Committee Meeting
Date: Thursday, September 12th, 2024
Location: DESC Bldg Room 196
Time: 3:30-4:30

MEETING NOTES

In attendance: Julie Rasmussen, Matt Grose, Polly Podpeskar, Kelly Campbell, Aubrie Hoover, Angela Zebro

Meeting Objective: We will work to identify strategies that promote emotional wellness for staff.

School Mental Health CoP Flyer - The event is scheduled in January.

Registration is for the entire series, but you can choose which ones you want to go to. It is also available virtually and it will be recorded for staff who couldn't attend.

Afterwards people can host in person events in hopes of connecting with people to talk about things that are going well or challenges.

Regarding an overall global report one response that was key from each district was that the district's don't provide education on stress management or well-being.

Aubrey is willing to write something to explain why we're doing this so the district can send it out to staff.

Community Support Mini Grant Application - This is sponsored through our regional suicide prevention coordinator. The grant can be used with existing and overlapping suicide prevention and mental health well-being promotion and training. The grant application for \$2,000.00 is due September 30th. Completing the document won't take a lot of time so we could submit it to fund some of our activities around the staff's well-being and how that leads to modeling positive coping skills to positively impact students.

Breathe for Change - Lisa described the training she is seeking so she can share it with others. The subject promotes mindfulness social emotional learning and yoga training. The cost of the training is \$999 and Lisa is seeking financial support for the cost. While the training would be beneficial the committee can't financially support the effort at this time. The committee could support the cost of flyers and signs to promote the sessions after the trainer has been trained.

Friday Family Fun Night Planning Details - See the shared Wellness Committee folder.

