

Wellness Committee Meeting 2/28/23 (Zoom)

Members Present

- Michelle Allen
- Brent Borzak
- AJ Burke
- Sue Gerhard
- Chris Graver
- Sandi Kohutka
- Maya Kowalczyk
- Donna McClain
- JamiLynn McFarland – Johannsen
- Jeff Nietz
- Ashleigh Rehrig
- Carly Rinda
- Nate Rinda
- Rebecca Schaeffer
- Brandi Schmoyer
- Ken Walters

Members Absent

- Christine Trovato
- Henry Woods

Zoom Meeting called to order by Mr. Borzak at 1:30 p.m.

Minutes from May 10, 2022, were reviewed by Mr. Borzak with no motions made.

8/25/2021 Meeting - Points of Discussion REVIEWED

- Fresh air breaks will be implemented in both Technical Areas and Academic Classes. **MET**
- There will be Open Gym for Tech areas to utilize on B days. This will be supervised by the Gym Instructor. **MET**
- Fundraisers will be held this school year. There will be no food related fundraisers. **MET**
- SkillsUSA will hold a 5k this year. Date to be determined. **NOT MET**
- The School Store (The Hive) will be open every day during the Academic lunch. It will also be open to the public. **MET**
- Smoothies will not be offered at this time. *Healthy smoothies were implemented later in the year.*
- Planning is in place to have healthier snacks in the school store. **MET**
- Having Tech Areas visit the school store for a break in the day is an option. **NOT MET – this was decided to take place during lunch periods only.**
- Yoga is going to be offered to Students and Staff on Thursdays. Permission slips may be required. Checking with Mrs. Schaeffer. **NOT MET**
- Meeting adjourned.

5/10/2022 Meeting – Previous Points of Discussion

- Fresh air breaks will continue to take place for both physical and mental well-being. Timing was discussed to be up to 30 minutes for breaks. **MET** *Although it doesn't seem as though as many breaks are being taken, classes are being walked around the school and to the cafeteria and back giving them a break from the classroom.*
- Open Gym will continue to take place. Technical Areas are utilizing the gym to take a break from the full-day schedule. **NOT MET** It works especially well for days where there is poor weather. Fitness items are available to be signed out by the technical areas for use when they go outside for a break. Mrs. Schmoyer stated that sometimes the requests for fitness items interrupt her classes, therefore, a new system will need to be in place in the future. *Locked cage was implemented at bus entrance for equipment to be utilized by tech areas.*

- Field Day – Mrs. Schmoyer spoke at lunches to discuss field day and show the map for the location of the events. There are limited slots available to students for each event. Sign-ups will be held via Google Classrooms starting with the Senior Class. Food trucks are still in the works for the event. **MET**
- There were only a few Fundraisers held the 21/22 school year. For the 22/23 school year, staff hopes to implement more fundraisers that follow the guidelines of the health/wellness policy and the fundraisers should be monitored. **MET**
- SkillsUSA was unable to hold a 5k in 21/22. It is noted that one will take place for 22/23, possibly in the spring. **NOT MET**
- School store is open and fully functional. Healthy smoothies are being served. Lower sugar options were discussed. **MET** Organic ice pops are also available. **NOT MET**
- Yoga – only one class held for 21/22. There was too much inconsistency to hold a regular class.
- 22/23 after school activities – Looking to hold afterschool help for academics and technical areas on Mondays only. Thursdays will be an activity day for Clubs and Organizations. There will be transportation provided those days which should help with student attendance for the clubs. **MET** – *Activity period was also implemented to help the students who cannot stay after, etc.*
- Mr. Colosimo mentioned that a Drug and Alcohol Advisory Committee is being developed through Carbon/Monroe/Pike. This committee is being led by students and will be mentored. It is mentioned that any guest speaker and any content should be reviewed before being utilized at the school.
- Extra help is being implemented in the Guidance Department. This will be for a social worker or some type of counselor. There is a grant to be applied for in June/July. **MET** – *Dr. Nietz has been brought on to assist in the guidance department. He is doing a great job and students are looking to him personally for support.*

NEW Points of Discussion

- School store is producing more inventory and has reopened to a new layout. Mrs. Rinda said that Pepsi is going to be the supplier for drinks for the store. They have a K-12 drink list. Smoothies are still being offered. Purchased a restaurant brand with the same ingredients, but cheaper price. Popcorn and snacks are still being offered in the store. Mrs. Rinda also stated that she is working with Culinary to sell some of their goods in the store. She is hoping to pair up with all of the technical areas so that something from each department can be offered. It is suggested that different hours are offered for the school store in the 23/24 school year. It could be beneficial to everyone to have a different time other than lunch to shop at the store during the school day.
- Mrs. Schaeffer spoke about SADD/Aevidum. She said that resources are there for students/staff who are struggling with mental health. Suggestion was made for B. Williams to come in to speak to students on his experiences. Some students may be able to relate to him and would benefit from hearing his story.
- Mr. Borzak said that Dr. Nietz will be at CCTI again for the 23/24 school year to assist students struggling with Mental Health issues.
- Mr. Borzak also stated that grant money is available to bring on a Behavioral Health/Mental Health professional 2x per week. He hopes by the end of the year, this person will be on staff, if not, then the 23/24 school year.
- Mrs. Gerhard suggested bringing in Mr. Jim Tkach in to speak to the students. He gives a great presentation on Mental Health/OCD and speaks of the loss of his son, Bo Tkach.
- Mr. Borzak mentioned that he has an upcoming meeting with Rob McClosky(*sp) from Carbon County Drug and Alcohol to discuss the possibility of having sessions at CCTI with students and/or a summer camp.
- The activity period was discussed as an opportunity for students to have group sessions with the new Behavior Health person that will be brought in to CCTI.

Meeting Adjourned at 1:57pm.