

MEETING MINUTES

Guthrie Public Schools

Wellness Committee

Administration Building

December 9, 2022

Meeting called to order at 3:45pm by: Dr Michelle Chapple, Chief Financial Officer & Wellness Committee Chair

Committee members present: Dr. Michelle Chapple (Admin), Janette Freyre (Child Nutrition), Chancie Helton (Fogarty), Rusty Crockett (Cotteral), Keith Hedge (Central), Bret Stone (High School), Susan Whitehead (Junior High), Tristen bender (Charter Oak), Jana Wanzer (Admin), Belinda Stone (GUES).

Absent: Carmen Walters (Admin)

Agenda Items:

Dr. Chapple opened the meeting with greeting and introductions of all committee members. She thanked members for joining the meeting today and for working hard to ensure the students and staff of GPS district are healthy. She addressed the importance and purpose of the Wellness committee for the district and community. Reiterated that all members should convey the meeting handouts, discussion and new facts introduced to other staff members upon returning to their respective sites. The agenda items overview was discussed.

The Wellness Policy and minutes from the previous meeting (November 11, 2021) were reviewed. Group discussion of the module was conducted. She informed the group that there are 11 modules total and made a motion to complete Module nine – Employee Wellness and Health Promotion by January 13, 2023. Approved by unanimous consent. All reports should be submitted to the Finance office via email or school mail.

Dr. Chapple informed the committee that “e-blasts” would continue to be sent out district wide. State health report was reviewed along with handouts relating to the health of employees, staff and students. All committee members in attendance played several rounds of KaHoot! pertaining to mental health. This allowed the Committee Chair to identify any areas that need to be discussed further. Healthy snacks were provided by Dr. Chapple. After much research she featured Kombucha, which is a healthy and tasty drink in the variety of pineapple peach. Committee members were further provided with Kind nutrition bars in the flavor of dark chocolate, nuts and sea salt.

Meeting was recapped by Dr. Chapple and asked committee members what they value the most regarding their mental health.

The suggestions are as follows:

Janette Freyre: Encourages being aware of others triggers and how to approach those that are struggling in a compassionate and productive way. Make sure to acknowledge and validate staff at every opportunity possible.

Rusty Crockett: Having the assurance that the District values and stands behind all employees means a tremendous amount in today's day and age. Having that assurance greatly decreases anxiety and stress when concerns arise.

Chancie Helton: Suggests building a strong relationship with Principals, Directors, etc. This allows the staff to feel comfortable expressing highs and lows knowing that there will be no judgement, just help. Principal, Marsha Todd excels with this per Fogarty's site representative.

Tristen Bender: Advises maintaining open and trusting relationships which lead to a more open line of communication. He knows that he can discuss anything with Principal, Jeff Ball because of the comfortable and safe environment at Charter Oak Elementary. This is very mentally reassuring and decreases stress along with promoting a healthy atmosphere for students and staff.

Keith Hedge: Reinforces what Rusty Crockett, Cotteral's site representative said previously. He believes that the District as a whole is very passionate about not just their students, but the staff as well. This 100% helps alleviate stress.

Susan Whitehead: Having clear and defined expectations is key. Try to keep a sense of humor and help others along the way. She also states that her principal, Todd Bramwell is very respectful of employee's time when not at work. He also frequently reminds them that they are valued. Sometimes that is all it takes to adjust your mindset and turn a negative into a positive.

Belinda Stone: Practice patience with staff and students. Ensure there is someone that you can vent to and help counsel you at your site. Extend compassion and kindness to all coworkers and students. Consistency is key in any and all productive environments. Faced challenges due to the decline in substitute teachers, which in turn added more stress to the staff and students.

Bret Stone: Always be genuine with others. Treat everyone as you wish to be treated. Recognize staff and thank them for all they are doing and have done. If you notice someone is struggling—reach out. A simple smile goes a long way. Let staff know that you truly care about them and what they may be dealing with whether personally or professionally.

Dr. Michelle Chapple: Advises finding ways to express yourself without triggering others. If you know someone will be stressed out by a project/deadline/etc., try to convey it in a positive way and offer help or guidance with the situation. If you do not have the answer needed let them know you will find it and get back with them. This lets the employee know that they are not alone and you truly are there to help.

Jana Wanzer: Show grace! You never know what someone is dealing or going through so try your best to extend kindness. Support fellow staff in all circumstances and foster a safe environment for them to communicate their needs/issues with you.

Dr. Chapple closed the meeting by reminding the committee that module nine is due on 1-13-23 and thanked all for attending. Meeting dismissed at 4:55pm