



Brentwood School District Wellness Committee



Date: Wednesday, October 12, 2022

Time: 2:00 p.m.

Location: Virtual ([Zoom Meeting Link](#))

Wellness Program Co-Coordinators: Dr. Alex Tripamer, Carol Eastabrook

Committee Members: Lindsay Spencer, Dr. Katy Chambers, Anne Bosche, Lauren Steffens, Kristin Clemons, Hannah Simorka, Dr. Melody Tamakloe, Donna Knobbe, Mia Halilovic, Cari Allen, Leslie Kreilich, Becky Kuykendall, Tammy Norman, Mary Ann Tullock, Tracy Russo, Tony Dobson

Agenda

1. **Welcome and Introductions** - Alex Tripamer/Carol Eastabrook
 - a. Please “sign-in” with your full name and role in the chatbox

2. **SSM Mammogram Event for Brentwood** (and other possibilities) - Kate Lynch, SSM

3. **Public Comments** - Alex Tripamer/Carol Eastabrook

4. **Student Nutrition (Chartwell’s) Updates** - Lauren Steffens
 - a. School Parties - following Smart Snack guidelines
 - i. [Catering menu](#)
 - ii. [Beverage menu](#)

5. **Update on COVID-Related Issues** - Alex Tripamer / Nurses

6. **Employee Flu Shot Opportunity** (Oct. 14) - Tony Dobson

7. **TrustWellness Updates** - Alex Tripamer

- a. Monthly Themes
- b. Challenges throughout the year (movement, weight loss, nutrition, stress release, etc...)
- c. Wondr Weight Loss Program - FREE!
- d. Virtual Yoga

8. **Other Ideas to Promote Wellness Across the District** - Alex Tripamer

Ideas/Updates from Last Year:

- **Quiet/Meditation Room for staff to step away and de-stress for a bit**
 - **Kristin Clemons** has applied for a grant from TrustWellness to set up this room!!!
- **Recognizing the signs and symptoms of mental health needs (especially during COVID)**
 - District Social-Emotional Learning Committee is researching an SEL screener and Curriculum
- **Students dealing with mental health issues - building confidence for navigating conversations with students about mental health.**
 - See above
- **Organized cardio/personal training classes for staff**
 - **Kristin Clemons** has applied for a grant from TrustWellness for a yoga instructor to come on a PD Day (available to all staff in the district)
 - TrustWellness is offering virtual yoga classes

New Ideas

- **GOTR - Race at Forest Park** - Saturday, November 12

9. **Any Other Business** - Alex Tripamer/Carol Eastabrook

Next meeting date: ***Wednesday, April 12, 2023***

Thank you for serving on the Wellness Committee!