



MINUTES

SCOTTSDALE UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE

MONDAY, FEBRUARY 27, 2023

4:00-5:30 PM

Committee Members

Patti Bilbrey, Director Nutritional Services
Shannon Cronn, Director Support Services
Renee Tosto, Lead Nurse
Will Graham, School Nurse
Kat Hughes, Principal
Susan Leonard, Teacher
Julie Reeve, Reading Specialist
Jennifer MacLennan, General Counsel
Sheri Bieberle, Parent
Lisa Kanarish, Parent
Laura Weeshoff, Parent
Jan Dubauskas, Parent

Absent

Purpose: The purpose of the Wellness Committee is to review and update district-level wellness guidelines and to help promote physical, social, and mental health initiatives and support for our students and staff as well as provide updates and recommend changes to the district Governing Board.

Objectives: This will be accomplished by engaging a Wellness Committee composed of parents and caregivers, students, the school nutrition staff, school curriculum specialist, physical education teachers, school nurses, mental health and social services staff, school administrators and health professionals.

Welcome

- Opening and welcome by Patty Bilbrey and Shannon Cronn
- Self introductions of each committee member
- Packet review
 - Norms
- Agenda
- Purpose
- WSCC model
- Policy

Agenda

- **Review Open Meeting Law**
Attorney Jennifer Macclennan reviewed Open Meeting Law, referencing her powerpoint, A.R.S. § 38-431.02. Committee members are required to follow Open Meeting Law regulations.
 - Compliance expectations

- Conflict of Interest expectations
- Committee work/emails and text messages are public record
- Confidentiality
- Must have 8 employees to have a quorum
- Plurality vote
- Agenda
- Reports are subject to current events
- Decisions must be made in/during a meeting
- Committee can not have discussions outside of the committee meetings
- Sub-committee can occur as long as there is less than a quorum
- Emails can be utilized as information but can not answer questions
- Stay on topic
- A new item(s) are to be added to a future meeting agenda
- A consensus is reached by vote

- **Reviewed Norms**

Norms expectations are to start and end on time, be genuine about ideas, listen, be open minded, be mindful, ask questions, and support each other.

- **Reviewed Purpose of the Wellness Committee**

- Review and update wellness guidelines

- **Staff Wellness discussion**

- Staff Wellness is of significant importance
- MTSS is in our strategic plan
- Staff must be healthy in order to care and teach students
- Resources for employees are offered through Kairos
 - Free health resources for employees through SUSD medical insurance benefits, physical and mental health assistance, wellness incentives, assistance by health care experts, mammography screenings
 - Gift of time
 - Information is distributed by district newsletters, is on the I drive and sent to schools for postings
 - Suggestions on how to better get out the information
 - Share at PD trainings
 - Share testimonials at welcome back rally,
 - Kim Davis has offered to attend staff meetings to share health resources
 - Suggestions- have a wellness retreat, tools on how to focus on self care positive message, have a survey on what employees would utilize, clubs (walking, hiking), wellness fair, share the offered resources possibly once a quarter or at P.D. trainings
 - Patty Bilbry- hire a wellness coordinator for the district
 - Since COVID we have seen different kind of stressors for staff and families
 - Health needs can differ from site to site

- **Set Upcoming Agenda Topics and Dates with Committee Members**

- Next steps discussions
 - Fundamentals
 - Continue staff wellness
 - Food rewards and food celebrations

- Nutritional Services overview
- Physical Education overview K-12
- Recess overview
- MTSS/mental health issues
- Psychological safety
- Staff wellness-how to engage employees/sites
- Survey on “what are the needs” groups and how to package
- Clorox wipes

Location/Meeting Dates

Mohave District Annex 4:00-5:30 PM

1. February 27, 2023
2. March 27, 2023
3. April 17, 2023
4. May 8, 2023
5. May 22, 2023
6. June 5, 2023