



MINUTES

SCOTTSDALE UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE

MONDAY, APRIL 24, 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
Sheri Bieberle, Parent
Lisa Kanarish, Parent
Laura Weeshoff, Parent
Jan Dubauskas, Parent

Absent

Michael Maske, New Member
Will Gram, School Nurse
Susan Leonard, Teacher
Julie Reeve, Reading Specialist

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

Agenda

- Approve Draft Minutes-add to next meeting

- Social-Emotional, and Behavioral Health Overview - PowerPoint reviewed
 - We are opening a Tier 3 K-2 classroom at Navajo. It is a behavior program under Support Services. We have a teacher for that classroom that is familiar with behavioral strategies. Because of COVID, we believe we are seeing accelerated behaviors in the classroom. There will be no more than 6-8 students in the classroom. The program will be geared toward general education students, will be about 6 to 8 weeks of intense behavior supports by practicing and using manipulatives with the goal of transitioning back to the regular classroom/homeschool.
 - Mental health matters as it shows there can be significant health issues down the road if not addressed.
 - We see higher rates of suicide even though students are safer than ever before, safer because of technology and safety practices that are in place.
 - Az Youth Survey- we use it to help get grants and it shows us where the needs are of students and how we might better meet their needs.
 - SABERS - shows us how students' function in the classroom, it also helps teachers have a better understanding of what supports are needed in the classroom.
 - If we see anything concerning in any of the surveys, we will let parents know.
 - Multi-Tiered System of Supports- MTSS
 - Tier 1 supports everyone Wide support
 - Tier 2 Small group
 - Tier 3 Individual Support
 - We are looking at the possibility of having MENTAL HEALTH IN SCHOOLS FOR PARENTS in September.
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- SUSD Health Department Updates -**add to next meeting**
 - Review Meeting Dates & Future Topics--**add to next meeting**

****RECOMMENDATION - Teachers should not post assignments, classroom updates or grades past a certain time in the evening. As an example, no posts past 8PM. We must figure out a way to model this idea. Be better models for employees, staff, and students. As a positive impact, this could improve some anxiety behaviors in students and employees by not having to continually check for updates and postings.**

*Hold 15 to 30 minutes to the end of each meeting to allow for discussion.

*Keep better time by adding allowed minutes to each agenda item.

Location/Meeting Dates

Mohave District Annex 4:00-5:30 PM

1. February 27, 2023
2. March 27, 2023
3. ~~April 17, 2023~~, Apr 24, 2023
4. May 8, 2023
5. May 22, 2023
6. June 5, 2023