

HMBHS HEALTH AND WELLNESS COMMITTEE

February 1, 2021

ALL ARE WELCOME!

In order to create a committee culture where we all feel safe, supported, open, trusting, and productive, we agree to work toward these agreements:

Communicate productively:

- Be honest
- Listen to everyone
- Ask questions
- Dialogue respectfully
- Stay focused on the task & issues

Be open to all possibilities:

- Include perspectives from all stakeholders
- Consider history & point of view
- Be flexible
- Stay open-minded

Focus on commonalities:

- Be a community member
- Recognize we are equal stakeholders
- Be willing to be vulnerable
- It's OK to call each other by first names

Respect our differences:

- Leave personal biases behind
- Be patient
- Assume positive intent
- Value a balance of voices

TIME	ACTIVITY	GOALS & OUTCOMES
4:30 - 4:35	Welcome & Review Agenda - Principal - John Nazar	Review Norms
4:35 - 4:45	HMBHS Counselors Brief Report (Brittany Jolivette) <ul style="list-style-type: none"> ● Mindful Mondays <ul style="list-style-type: none"> ○ Weekly mindfulness program where students can engage in active mindfulness lessons ● Take Care of Yourself Tuesday <ul style="list-style-type: none"> ○ A focus on nutrition and exercise ● Wellness Wednesday <ul style="list-style-type: none"> ○ Practice self-care ● Think About It Thursday <ul style="list-style-type: none"> ○ An opportunity to take a step back and evaluate what's really important to them. ● Friday Fun <ul style="list-style-type: none"> ○ Make connections, build community and have fun 	Mindful Mondays will begin in March
4:45pm - 4:55pm	Leadership Class Report-out <ul style="list-style-type: none"> ● Collaboration with Counseling for Wellness events in March ● K-2 Fun <ul style="list-style-type: none"> ○ Great feedback after Day 1! 	Continue to publicize the K-2 events
4:55pm - 5:10pm	Remote Learning Support <ul style="list-style-type: none"> ● 4th/5th periods extended 10 minutes to allow time for the Campus News ● Limited Athletic activity <ul style="list-style-type: none"> ○ CIF Guidelines ● Season 1 sports began today ● Season 2 sports can begin outdoor conditioning Feb 8th 	Good feedback so far! Continue to keep it engaging!
5:10pm -	HMBHS Transition to In-Person Learning Plan <ul style="list-style-type: none"> ● Working on the HMBHS Plan and will be presented at the School Board Meeting on Feb 11th (note new meeting time: 6pm) ● Plan is multi-phased, dependent on current county & state guidelines ● We do not have the ability to determine when 	

	<p>students return</p> <ul style="list-style-type: none"> ● Current phase includes small academic support pods ● Site plan focus is on logistics and adhering to protocols ● OSSC: minimum district guidelines to get kids and teachers back in school; then CUTA discussion ● In the Fall, Board approved to open in Orange Tier 	
	<p>Parent Feedback on Transition to In-Person Learning:</p> <ul style="list-style-type: none"> ● Refer to other high schools who are currently open <ul style="list-style-type: none"> ○ Saddleback Valley Unified School District <ul style="list-style-type: none"> ■ # of cases, since Sept 2020: <ul style="list-style-type: none"> ● El Toro HS: 60 (pop. 1544) ● Laguna Hills HS: 37 (pop. 1041) ● Mission Viejo HS: 38 (pop. 1377) ● Trabuco Hills HS: 50 (pop. 2006) ○ Wood County, Wisconsin ● Livestream during asynchronous days ● Request to remove the orange tier requirement if teachers are vaccinated ● Encourage movement towards bringing small groups back onto campus 	
	<p>B&G Club (Amanda Larson)</p> <ul style="list-style-type: none"> ● Would love to open up more learning pods but need additional staff ● Email Amanda for more information 	
<p>5:55 - 6:00</p>	<p>Closure:</p> <ul style="list-style-type: none"> ● Go over the next meeting date ● Guiding Questions: What was most meaningful to you today? What or whom did you appreciate? 	<p>Next Meeting Date: Monday, March 1st</p>