

Health and Wellness **MINUTES**
HMBHS HEALTH AND WELLNESS COMMITTEE
Date December 7, 2020

TIME	ACTIVITY	GOALS & OUTCOMES
4:30 - 4:35	Welcome & Review Agenda - Principal - John Nazar	
4:35 - 4:45	HMBHS Counselors Brief Report (Brittany Jolivette) <ul style="list-style-type: none"> ● Mental health webinar for parents tonight <ul style="list-style-type: none"> ○ 5 - 6:30pm ● SLS referrals continue ● SSTs continue ● Outreach continues through calls home and email ● Student survey next semester ● Virtual Calming Room on website 	Concern: Identify how many students are not participating?
	Review from the last meeting <ul style="list-style-type: none"> ● 11.02.20 Meeting Minutes ● Wednesdays - Assignments Due by 3:30 p.m. - Not enough time <ul style="list-style-type: none"> ○ Staff has had many discussions, also within departments ○ Assignments should have value; all subjects are important ○ Teachers must take attendance and need a way to verify participation ○ Post assignments earlier (the night before) or due date later (by midnight) ○ From students in the meeting: teachers have been cutting down the assignments; ok with current system; teachers have different due times; request that all teachers have the same due time (by midnight); ● Assignments posted at different times and due on non-class days <ul style="list-style-type: none"> ○ Have had discussion with staff ● Can all teachers have office hours? <ul style="list-style-type: none"> ○ Developing official hours ○ Teachers are always accessible by email 	

<p>4:45 - 5:00</p>	<p>Connectivity issues? District: -wifi booster at Moonridge and Pillar Ridge -connectivity issues at Pillar Ridge; hot spots are working well -HMB Library offering hot spots</p>	<p>John will contact DO Tech re: wifi issue at Pillar Ridge</p>
<p>5:00 - 5:50</p>	<p>Focus on supporting All students during the time of COVID/Remote Learning</p> <ul style="list-style-type: none"> ● Leadership Class: <ul style="list-style-type: none"> ○ Next semester: emphasis on kindness ○ Idea: Staff to host Parent Office Hours? ○ Student recognition: items can be picked up or mailed; many have not picked them up so may have to mail them ○ PTO is offering help in dropping off items at students' houses ● Pride Postcards from Staff to students <ul style="list-style-type: none"> ○ Being done now! ● PTO: <ul style="list-style-type: none"> ○ Funding Staff Jackets ○ Possible fundraiser: masks ● Vape Escape: <ul style="list-style-type: none"> ○ Marketing campaign: masks <p>Atlas App for mental health:</p> <ul style="list-style-type: none"> ● Rolled out through Social Studies dept ● Students have used it through an assignment ● Student committee members noted that most use it for an assignment only <p>Daily News:</p> <ul style="list-style-type: none"> ● Add 10 mins to 4th/5th period M, T, Th, F for daily news, specific video, connections ● Student thoughts: good idea! Can add activities (trivia?); make sure teachers do not use the 10 mins for academics; add to Wednesdays? <p>Mr. Nazar</p>	<p>David Jones will reach out to Staff about hosting Parent Office Hours</p> <p>Promote Clubs</p> <ul style="list-style-type: none"> -Leadership site has clubs info and Zoom links -Link to Leadership site is on HMBHS website home page and on the Student Clubs page <p>To promote H&W and PTO, have one link for both meetings that repeats monthly</p> <p>Connection: add 10 mins to 4th/5th periods for social emotional connection (daily news on Tues & Fri, trivia, inspirational videos)</p>

	<ul style="list-style-type: none"> ● Creating a Newsletter as a central hub for information ● Will be sent out every Tuesday ● Sent through School Messenger and posted on website <p>Discussion about a return to School</p> <ul style="list-style-type: none"> ● Site Return to School Committee creating a plan ● HMBHS will (most likely) not return to on campus instruction in January ● Phase II: add “social groups” to on-campus? 	
5:50 -5:55		
5:55 - 6:00	<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 Dates:</p> <ul style="list-style-type: none"> ● Monday, January 11th