

HMBHS HEALTH AND WELLNESS COMMITTEE MINUTES

March 1, 2021
ALL ARE WELCOME!

<https://cabrillok12.zoom.us/j/94526119436?pwd=LzNXeWJFbjE1Y2wyS09sVW9kK2t6Zz09>

Meeting ID: 945 2611 9436

Passcode: 009590

TIME	ACTIVITY	GOALS & OUTCOMES
4:30 - 4:35	Welcome & Review Agenda - Principal - John Nazar	Review Norms
4:35 - 4:45	Homework Buddies (Sarah Bunkin) <ul style="list-style-type: none"> ● New program led by Ms. Bunkin and some Positive Psychology Students! ● Positive Psych students are tutors ● Any 9th or 10th grader is welcomed to attend for tutoring! ● Thursdays for one hour 	Spread the word!
4:45pm - 4:55pm	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 Make connections, build community and have fun 	Counseling Dept has started working with Care Solace

<p>4:55 pm - 5:00 pm</p>	<p>Leadership Class Report-out (David Jones and Leadership Students)</p> <ul style="list-style-type: none"> ● Collaboration with Counseling for Wellness events in March ● K-2 Fun Mon-Fri has been fun! :) It will continue until elementary schools return to campus. ● Hour of Kindness on Tuesdays <ul style="list-style-type: none"> ○ Last week: wooden hearts so successful, they are doing it again this week ● Shared student comments <ul style="list-style-type: none"> ○ Shows a strong need to address the social-emotional side ○ Students who are having a difficult time with remote learning are losing motivation ● 	<p>*Use the 10 mins at the start of 5th period on Monday to focus on our social-emotional needs.</p> <ul style="list-style-type: none"> ● Check-in? ● Breakout Room? ● Video? <p>*Mr. Jones, Ms. Tower, and Leadership will create a video where students are able to share their genuine feelings</p>
<p>5:00pm - 5:45 p.m.</p>	<p>Leadership – Remote Learning Support</p> <ul style="list-style-type: none"> ● 5:00 to 5:05 > Welcome / One Word ● 5:05 to 5:15 > Introduce possible plan to build health and wellness amongst students and staff. ● 5:15 to 5:25 > 5 breakout groups, discuss, prepare to share main points ● 5:25 to 5:35 > Share main points from article, inspiration, ... ● 5:35 to 5:45 > Create 5 teams, meet together, discuss a plan to address each day, Report out / questions ● > Homework, have ready for next meeting 	<p>were not able to do because we focused on student input and action items (see above)</p>
<p>5:45 p.m. - 6:00 p.m.</p>	<p>HMBHS Transition to In-Person Learning Plan (John Nazar & Deanna Tower)</p> <ul style="list-style-type: none"> ● We have already started Phase IIB plan - This consists of "pods" of students working with one teacher, staff member, coach with a consistent small group of students. ● Students can only attend one pod at this time. ● Athletics is a pod. ● We currently have 16 staff members outside of athletic coaches volunteer, for a pod including our two teachers on Health and Wellness, Mr. Jones 	<p>Need to spread the word about the survey and small pod opportunities</p>

	<p>and Mr. Olson!</p> <ul style="list-style-type: none">• As a staff, we are working on the design of a hybrid learning schedule which will bring all students back to campus who feel safe to return	
6:00 p.m.	<p>Closure:</p> <ul style="list-style-type: none">• Go over the next meeting date	<p>Next Meeting: Monday, April 5th</p>