

MINUTES - Health and Wellness
HMBHS HEALTH AND WELLNESS COMMITTEE
 Date November 2, 2020

TIME	ACTIVITY	GOALS & OUTCOMES
4:30 - 4:35	Welcome & Review Agenda - Principal - John Nazar	
4:35 - 4:45	HMBHS Counselors Brief Report	<p>From Brittany Jollivette - For the counselor report:</p> <p>We're still doing home visits, and I'm looking at curriculum to do mental health groups or workshops with our students. I have to discuss it with the other counselors first. We've been sending out a weekly newsletter and have discussed with Adolescent Counseling Services, and how to provide services with them. And we also have been referring students that need extra mental health support through School Linked Services (SLS), within our district.</p>
4:45 - 5:00	<p>Review from the last meeting</p> <ul style="list-style-type: none"> ● Too many Asynchronous Days - reducing these ● Break out rooms - Encourage more support from teachers to make students more comfortable <ul style="list-style-type: none"> ○ Comfort level increasing ● Assemblies <ul style="list-style-type: none"> ○ Mr. Jones/Leadership: Leadership is working a substantial amount of time on committee work; creating an assembly is too much for them right now; also, worry that a virtual assembly would not be similar enough to an in-person assembly ○ What Leadership IS doing: <ul style="list-style-type: none"> ■ Outstanding Cougars ■ Baking Contest - a lot of people participated and voted; very engaging ■ Pumpkin Carving Contest ■ Virtual Gaming Competition 	

	<ul style="list-style-type: none"> ■ Good News Network/Leadership reports ■ Wednesday lunchtime (12 - 12:45pm): Open Zoom for fun activities (jam session, art lesson) ■ Additional clubs (4 to 5 recently) <ul style="list-style-type: none"> ● 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 	
5:00 - 5:30	Focus on supporting all students during the time of COVID/Remote Learning	<ul style="list-style-type: none"> ● Vape Escape is starting ● Tutoring ● Community Service
5:30 - 5:55	Discussion about a Return to School (per board approval, no earlier than January 19, 2021)	<ul style="list-style-type: none"> ● Stephanie will share what Seacrest is doing ● If Phase III begins, what if parents do not feel comfortable with their student returning to campus? Will parents have the option to enroll in IS? Is there a max for IS?
5:55 - 6:00	Closure: <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? 	Next Meeting Dates: <ul style="list-style-type: none"> ● Monday, December 7th