

MEETING MINUTES

Guthrie Public Schools

Wellness Committee

Administration Building

November 11, 2021

Meeting called to order at 3:45pm by: Michelle Chapple, Chief Financial Officer & Wellness Committee Chair

Committee members present: Michelle Chapple (Admin), Kim Dougherty (Child Nutrition), Chancie Helton (Fogarty), Carmen Walters (Admin), Rusty Crockett (Cotteral), Keith Hedge (Central), Bret Stone (High School), Shana Fields (GUES), Susan Whitehead (Junior High)

Absent: Jana Wanzer (Admin), Cass Brassard (Charter Oak)

Agenda Items:

Ms. Chapple opened the meeting with greetings and introductions of new committee members. She thanked members for joining the meeting today and for working hard to ensure the students and staff of GPS district are healthy. She addressed committee structure and purpose of the Wellness committee for the district and community. She reminded the committee members to convey discussed meeting items with their site staff. The agenda items overview was discussed.

The Wellness Policy and minutes from the meeting held September 30, 2020 were revisited. Ms. Chapple reminded the committee that the CDC Module one was completed by Monday, January 11, 2021. A group analysis was conducted on the scorecard for Module one. She informed the group that there are 11 modules total and made a motion to complete Module six – School Counseling, Psychological, and Social Services by January 10, 2022. We will continue our quest to incorporate a health education curriculum analysis tool (HECAT) for the district, which was delayed due to the Covid-19 pandemic. It was approved by unanimous consent. All reports should be submitted to the Finance office via email or school mail.

Ms. Chapple informed the committee that “e-blasts” would continue to be sent out district wide to include a mental health tip from each committee member for this semester. The previous wellness tips provided by the committee members were reviewed. Everyone followed their suggested tip. An assignment was given to each member to brainstorm on site and district wide health challenges to promote healthy living and inventive ways to manage mental health. Committee members suggested that taking time to say hello, smile, and ask how the student is doing gives the boost to open up about negative feelings that may be experiencing that day. If the staff provides

nurturing to the students it appears to help their mental state at a time of such high rates of depression, loneliness, and fear during the current pandemic.

Certified Healthy Oklahoma School site applications will be completed upon notification of application period. We have received a rating of Excellence district wide and by sites for four years and are looking forward to receiving the award for a fifth year.

The American Academy of Child & Adolescent Psychiatry youth voice tip sheet was discussed. Techniques to learn how to talk and listen to young people were identified. The State of Mental Health in America 2020 Report was examined and the ranking of Oklahoma during this battle with mental health. Oklahoma ranked 45 overall. This rating indicated a higher prevalence of mental illness and lower rates of access to care. We also discussed the impacts of trauma and the performance in school as a result of non-existing coping skills to manage stress. Resource guides were provided with a list of agencies to contact by category with Oklahoma Safe call - 211 being the leading go to number for the school district.

The committee was introduced to the learning application, KaHoots! Committee members competed on questions regarding signs of mental health illness. This fun and interactive tool can be played in the classroom, at events, or virtually against friends and family and was used as an example of a device to relieve stress. Another feature the committee is accustomed to is trying a new healthy food item as researched by Ms. Chapple. The meeting featured Naked juice drinks and avocado/humus snack packs with pretzels.

The meeting was recapped as Ms. Chapple asked members for suggestions to cope with stress during this high peak of mental illness. The suggestions are as follows:

Kim Dougherty: Find a spot by yourself to decompress and clear your head.

Rusty Crockett: Put kids in positions to assist the teacher to give them responsibility that takes the focus off negative things they may be experiencing at the time.

Chanie Helton: Talk to girlfriends to talk out your problems. Build relationships with students that makes them feel comfortable enough to discuss their current problems.

Bret Stone: Call your spouse at the direct moment in need or speak with a counselor for help. Teachers can actively look for trauma caused events that students may be reacting too and help diffuse the problems immediately.

Keith Hedge: Go outside and breathe and feel the wind, listen to the birds, and have some alone time. In school, teachers can make themselves available to students to discuss possible problems they are facing.

Carmen Walters: Model kindness each day so the other person knows they exist. Give compliments to others such as "I love your hair," smile, or say good morning. For self-care tips a person can garden, do outside activities, or paint.

Shana Fields: Practice yoga, bible study, have students complete drawing exercises, read mindless worrying books such as “Why Do I Rage?” Offer ways for students to understand themselves and to clear their heads in the moment of need.

Susan Whitehead: Talk to family and friends. Vent to loved ones and in return, listen to their problems. Counsel each other. For students, teach them to walk and talk. This eases the atmosphere and allows students to open up when they do not feel confined.

Michelle Chapple: Find peaceful activities that distract you in the moment such as adult coloring books or word search puzzles. Sit outside and breathe the fresh air or play with pets.

Ms. Chapple closed the meeting by reminding the committee that in order to change someone else’s mindset on healthy living, we must first start with ourselves as we are the face of the district.

Meeting adjourned at 4:52pm.