

Wellness and Safety Committee Meeting- **Minutes**

March 24, 2021, 5:00-6:00 p.m.

Old Quarry LRC

Agenda

In attendance: Jamie Johnson, Megan Jones, Theresa Vasvery, parents; Bethany Martino, Kevin Collins, Board members; Becca Taylor, Krystina Borowski, staff members; Steve Nendza, Shirley Kleehammer, Anthony McConnell, Kate Kwazny, Susan Wulczyn, administrators.

- A. Call to Order- meeting was called to order at 5:04
- B. Pledge of Allegiance
- C. Review and Approval of [Minutes](#) from the November 18, 2020 Meeting
- D. Comments from Audience- none
- E. Safety action items
 - a. Dr. McConnell informed the committee that safety has been our focus this year. The District is just finishing an ionization project that outfits every room with improved ventilation. This has been a long-term investment that will reduce our exposure to potential allergens too. An updated sprinkler system was added at Old Quarry.
 - b. Other COVID mitigation efforts the District has engaged in include partnering with the Cook County Health department to offer BinaxNow Covid tests to students and staff experiencing symptoms. Approximately 500 have been administered at a positivity rate of about 1.5%. Recently the CDC modified distancing guidelines for schools to three feet.
 - c. There is hope for opening vaccines to anyone 16 and over by April 12th and that there will be a variation for children by fall.
 - d. Questions and other items from members
- F. Wellness Plan for 2020-2021
 - a. [District Wellness Plan evaluation](#) using [WellSat 3.0](#) was reported to the Board of Education by Dave Molitor, SD1113A Board member and Policy committee chairperson
 - b. Gather ideas to update our Wellness Plan for the next three years- 2021-2024
 - i. Krystina Borowski presented her idea for the Calm app for staff members. This app offers meditation, yoga, music, and other opportunities for reducing stress and better sleep. Megan Jones recommended it or the app Breathe or Headspace. Jamie Johnson noted that free apps are sometimes offered at the beginning of the year. She wondered if they have a student component. Others suggested the Education Foundation may help with a purchase. Krystina and Megan will assist with gathering information to share at the next meeting.
 - ii. Bethany Martino reiterated her desire for the committee to explore CPR training for staff. Jamie Johnson offered to help spearhead the process by

sharing her district's experience with finding an in-house trainer. She will contact Ryan Talaga, who has expressed interest in the past.

c. Questions and other items from members

G. Future Planning - our next meeting will be held on April 28th at 5 PM.

H. Adjournment- meeting adjourned at 5:48.

