

# BYRAM HILLS HEALTH AND WELLNESS ADVISORY COUNCIL

5/14/24 8am-9am

- Welcome and Introductions
- Review previous meeting minutes
  - Vincenza Fasano (Food Services Director) presented about new initiatives, feedback, changes for the fall
  - Kathleen Healy (SWAC Advisor) presented about Wellness initiatives at BHHS-SWAC, wellness for life class, incorporating wellness into PE curriculum
  - Group Discussion on Erin's Law
- Women in Sports Day
- GAGA Tournament- Alzheimer's Association
- Update on Food Services for 2024-25 School Year
- Coman Hill Erin's Law update
- Positive Coaching Alliance (PCA)
  - [Power of Positive](#)
  - Why we partnered with the PCA
  - 5 workshops during the 2023-24 school year
    - i. Social Media Use: Elevating Yourself and Others
    - ii. Leadership Development Program
    - iii. Positive Initiation and Hazing
    - iv. Becoming a Triple-Impact Student
    - v. Leading with Empathy
  - Student leaders throughout the school participated in workshops and were able to turn-key back with their respective groups, organizations, teams, etc.
- Future partnership with the PCA
  - For Parents- The Second-Goal Parent: Developing Winners in Life
    - i. Assess their children's goals and desires
    - ii. Learning through belonging
    - iii. Value effort, learning, and bouncing back from adversity
    - iv. Filling emotional tanks
    - v. Appropriate behavior
  - For Teachers/Coaches-
    - i. Developing competitors through positive teaching/coaching
    - ii. Teaching with Empathy
    - iii. Culture Development
    - iv. Positive Motivation: Getting the Best from Students
    - v. Mastery: Teaching for Peak Performance
    - vi. Enhance the building of an environment free of hate and discrimination

- For Students-
  - i. Mental Health
  - ii. Other topics students feel are important
- PCA Brainstorming Session
- Future Topics for 2024-2025