

Wellness Council Agenda
2/13/2019
1:00PM-3:30PM
District Office Conference Room 14

Welcome and Introductions

- a. Wellness email address wellness@ucfsd.net
 - b. [UCF Wellness Website](#)
 - c. [FOCUS](#) - Amy Baram and Kelli Dougherty
2. Announcements and Presentations
- a. [Avon Grove Parent Speaker Series](#)
 - b. [2018-2019 Goals Update](#)
 - c. [S2SS Update](#)
 - i. [UHS Video](#)
 - ii. [Tedx with Aaron Stark](#)
 - d. [Elementary Book Study PD](#)
 - e. [UCF Wellness Conference 2019](#)
 - f. [Digital Communication Safety Awareness](#) - Diana Suchodolski
 - g. [Smoking/Vaping Cessation](#) - Sarah Graden
 - i. [FDA Handout](#)
 - h. [Lunch and Learn Ties to Wellness](#) - UHS Admin
 - i. [Is Turf Toxic?](#) - James Whitesel
3. Resources
- a. [Navigating the Health Care System](#) - Dr. Aneesha Dhargalkar
 - b. [The Calm Schools Initiative](#) - Laura Toner
 - c. [Shape the Sky](#) - Perk Musacchio
4. Tasks
- a. [Brainstorm book read for 2019-2020 for staff](#) - based on 7 wellness standards
 - b. [Brainstorm wellness goals for 2019-2020](#)
 - c. Brain Breaks with Elise Anderson
5. 2018-2019 Wellness Council Meeting Schedule
- a. Wednesday, May 8, 2019, 1:00-3:30, DO Conference Room 14

