

**Wellness Council Agenda**  
5/8/2019  
1:00PM-3:30PM  
District Office Conference Room 14

1. Welcome and Introductions
  - a. Wellness email address [wellness@ucfsd.net](mailto:wellness@ucfsd.net)
  - b. [UCF Wellness Website](#)
  - c. [FOCUS](#) - Amy Baram and Kelli Dougherty
    - i. [PAYS Summary](#)
  
2. Announcements
  - a. [Wellness Goals for 2019-2020](#)
  - b. [S2SS](#) Update
  - c. UPenn Partnership - [Consortium for Mental Health and Optimal Development](#)
  - d. CFPMS 7th Grade Career Fair - May 31, 2019, 8-11AM, Gym - Rachel Saletta
  - e. [Be a Part of the Conversation](#) - Mary Worth
  - f. Developing Research Study focusing on FI and impact on students
    - i. Interest, Engagement, Confidence, Perseverance, Risk Taking, Ownership, and Growth Mindset
  - g. May is Mental Health Awareness Month
    - i. [Is Social Media Hurting Your Mental Health?](#)
  
3. Presentations
  - a. [Emotional Intelligence](#) - John Sanville
  - b. [Role of School Psychologists](#) - UCF School Psychologists
  - c. Climate Surveys - John Nolen and Leah Reider
    - i. [Presentation](#)
    - ii. Additional Resources
      1. [CSCI Spring Data 2018](#)
      2. [Measuring the Climate for Learning](#)
  - d. [UHS Food Service Plan](#) - Marie Wickersham
  
4. Tasks
  - a. [Brainstorm book read for 2019-2020 for staff](#) - based on 7 wellness standards
    - i. Create a Subcommittee
    - ii. [Changing the Game](#) - John O'Sullivan, TENT: September 23, 2019
  - b. Brain Breaks
    - i. [Ear and Nose Switch](#)
    - ii. [Switch, Change, Rotate](#)
  
5. 2019-2020 Wellness Council Meeting Schedule
  - a. Wednesday, October 2, 2019, 1:00-3:30, DO Conference Room 14
  - b. Wednesday, February 12, 2020, 1:00-3:30, DO Conference Room 14
  - c. Wednesday, May 6, 2020, 1:00-3:30, DO Conference Room 14
  - d. Save the Date: UCF Wellness Conference November 5, 2019

To access this agenda go to <http://bit.do/WellnessMay2019>

