

Wellness Committee Meeting Notes 10.17.23

Welcome

Sign in Sheet

Public Comments - None

Focus of the Wellness Committee:

Goal Four of the Strategic Plan: District 73 will ensure the success of the whole child by providing comprehensive approaches and programming, grounded in the belief that each child deserves to be healthy, safe, engaged, supported and challenged.

Students Deserve: A trusted adult in their corner, warm lunches, more sports opportunities, safe, someone to help them grow, unconditional love, stress free, trusted adult, mental health, recess, healthy meals, patience and understanding, listened to, someone to advocate for them, understood and appreciated for who they are, grace as they make mistakes and grow, to be heard.

Recap from the 2022-2023 Wellness Committee:

Physical health

Nutrition

Mental Wellness

Behavioral/discipline data

Social/Emotional wellness

Health Education

Recess/Play

Goals for 2023-2024 School Year:

- Harvest Table - Started in a couple of schools
- Increase social media/digital citizenship lessons
- Incorporate therapy dog more strategically
- Increase recess supervision at elementary level
- Reboot advisory and SEL at the Middle School
- Cell phone policy enforced consistently

EAB Presentation:

Whole Child Initiatives and Findings presentations by Kamaria View at EAB

Challenges for students at home:

- Rise in Traumatic Experiences - 66%
- Changes in family structure - 2.7 M

- Less access to basic needs 1 in 8

Challenges with a changing society:

- Decline of Free Play and Physical Activity- 35%
- More exposure to technology - 59%
- Increased academic pressure - 61%

Whole Child Support in an academic setting focus on:

- Health
- Safe
- Engaged
- Supported
- Challenged

Why is there no universal measurement for Whole Child success?

- Notoriously difficult to measure
- No metrics defined
- Claims of Progress, but no proof

Four Researched Backed Methods for Measuring Whole Child Impact

- District Wide Practice Assessments
- Climate Surveys/Parent engagement assessments
- Individual Student Level Assessments
- Student Level Outcome Data

Megan will present to our Board in May, regarding the work of the Wellness Committee Meeting throughout the year.

Group Activity:

Group did a round robin of what each area below feels like, looks like, sounds like, and “tastes like.” Then as a group determined what initiatives we have in place to support the 5 pillars.

- Safe
- Healthy
- Challenged
- Supported
- Engaged

Question:

How do we collect data around the items on the lists and prove they are making a difference for student wellness?

Behavior -

Data shared around behavior....Top 3

Bullying/Harassment Incidents

Disorderly Conduct /Disruptive Behavior

Physical Altercation

Why did the number of incidents decrease from the start of last year to the start of this year?

- Morning Meetings (elementary)
- Check In/Check Out (stronger this year)
- Increase staffing at Recess
- Second year of widespread SOAR/PBIS
- Bells are very nice at Middle School North
- Staff presence in the hallway and cameras at MSN
- Cell phone policy in Middle School has been well received/cut down on issues
- Another year, post pandemic - more time to develop "student skills"

Next meeting: Nutrition and Wellness policy

Respectfully submitted, Megan Goldman



Alicia Corrigan, Assistant Superintendent of Student Services



Julie Clifford, Board Member

Date Minutes Approved: 1-23-24