

## **Wellness Committee – Meeting Minutes January 31, 2017**

### **Meeting attendees:**

Will Verbits (chair)  
Kathy Horan  
Lori Desjardin  
Margaret Heigl

### **News from the Kitchen:**

No news as there was no representation from the Kitchen.

### **News from the Health Office:**

We have 3/4 students who are dealing with significant levels of stress and find it difficult to get to school. Discussed student with Dr. and decided this student should utilize going to health office for short periods. Dr. orders mention that mother gets updates. Last week was bumpy as where the previous week was good. Communication changes between Dr. and family members flip flop.

### **Mental Health/Stress in Schools**

Previously discussed wellness – Will provided information re: stress and will be the topic of student stress. Mental health acuity has changed.

Are they exhibiting certain symptoms? Some kids have patterns – certain times of day etc. We do our best to address the wellness of our students in health class. Many times in the past, some children would not be in our school, now they are and school deals with these situations.

Every school is dealing with student mental health issues. Ramps up in MS, and even more in HS. There are clinical cases and others are environmental. Family has high expectations are a big factor here in Carlisle. Anxiety starts early.

See articles on stress and homework that Will provided. Also discussed Challenge Success data. Articles indicate that there isn't much value in giving homework.

There are other states that who have done away with it.

This is a dialogue to have and then develop some action steps to address it. Perhaps we can bring groups together like the Wellness and Olweus and provide a panel discussion for parents. Students are over scheduled socially, academically and athletically.

Steps we are taking: Olweus, Challenge Success, Signs of Suicide and Challenge Day:

Tracy Malone is bringing a program to Carlisle called "Challenge Day" (program from Waltham, California based). Pep rally begins the day – all of the kids participate and many adults. Debrief afterwards is very powerful. A teacher leads a group in debrief. Cross the line if you've" been bullied, dealt with alcoholism, etc.

Will take place on March 8<sup>th</sup>

Activity called "Cross the line" was on 60 minutes

Should not be more than 2 hours of homework at the H.S. level. Our students in 8<sup>th</sup> gr. Have at least 2 hrs. What are all of the teachers assigning on a given night? Is it coordinated?

Had discussion regarding student stress/ long term effects. Where is it coming from? What can we do to alleviate the stress of our kids? What about parent education?

**Solicit Input for next Wellness Committee Meeting**