



**K I R K W O O D**  
**S C H O O L D I S T R I C T**

**Wellness Committee Minutes**

Date: February 21, 2023

In attendance:

Matt Bailey

Bryan Painter

Elizabeth Lock

Liz Grana

Nikole Shurn

Judy Moticka

Stephanie Owens

Rachel Scheffing

Julie Tadros

LaToya Jones

Maddy Ligon

Tara MorganHolland

Nathan Alwood

Jeremy Mapp

Josie Opperman (Student)

Elizabeth Hubbard (Student)

The Wellness Committee met on Tuesday, February 21 at 6:00 pm

Attendees participated in-person at Kirkwood High School, 801 West Essex Ave, 63122.

The following topics were discussed:

- Provided updates on the district progress towards meeting strategic planning goals centered around wellness
- Provided students an opportunity to share their current experiences and their historical experiences in Kirkwood related to wellness
- Small group work centered around student wellness and current reality for students
- Used a “Stop, Start, Fix” protocol to discuss possible action steps to recommend to the district and possible strategic plan goals and objectives
- Used a “Courage Ladder” protocol to prioritize possible actions steps and organize thoughts and recommendations about student wellness

Meeting adjourned at 7:30 pm