

Wellness Committee Meeting Notes January 28, 2025

Meeting called to order at 3:04 PM

All participants signed in to the meeting

Agendas were approved from the April 2024 and October 2024 Wellness Meetings.

Public Comments: None

Introduction and Warm Up:

Community Circle Activity

This activity was modeled after the community circles used in SEL/advisory at the elementary/middle schools.

Recap of the Whole Child Wellness Committee Purpose:

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.

Review of work from 23-24 school year:

1. Defined whole child wellness
2. Completed indicator inventory for each tenet of the whole child (see bullets below)
 - Healthy
 - Supported
 - Challenged
 - Engaged
 - Safe
3. Behavior review
4. Wellness Policy Review

The group then transitioned to Task One:

The group divided into five separate groups (one for each tenet) and reviewed the 10 indicators for each tenet of Whole Child Wellness to determine if any information needed to be edited, added, or updated.

- Healthy
- Supported
- Challenged
- Engaged
- Safe

The group then transitioned to Task Two:

The group reviewed discipline data for the first trimester and second trimester. Top three categories were bullying/harassment incidents, disorderly conduct/disruptive behavior, and physical altercation. All three categories have decreased. The group participated in a start, stop, and continue activity. Some examples of "Start" include, assigning a buddy to absent

students to answer questions on missed work, behavior training for substitutes, consistency with reinforcement, train all staff in de-escalation, and open the school store more often. Some examples of “STOP” listening to respond, but listen to understand, being inconsistent with the point system/LiveSchool/Eagle Bucks. Examples of “CONTINUE” include, homework help, no cell phone policy, advisory, SRO Casey, and community circles.

The meeting ended with an optimistic closing,

Each person selected a prompt such as (Something I learned today, someone I was able to help, something I want to share with someone, etc.) to share with their table group.

Meeting adjourned at 4:15 PM

The next Wellness Meeting is scheduled for April 15, 2025 at the District Office.

Respectfully submitted, Megan Goldman

Alicia Corrigan, Assistant Superintendent of Student Services

Julie Clifford, Board Member

Date Minutes Approved: _____