

Wellness Committee Meeting Notes October 14, 2025

Meeting called to order at 3:00 PM

All participants signed in to the meeting.

Notes were approved and signed from the April, 2025 Wellness Meeting.

Public Comments: None

Introduction and Warm Up:

Introductions were made by members of the committee.

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.

Accomplishments from 2024-2025:

Updated Snack List and added blurb about cultural awareness.

Updated Local Wellness Policy.

Assessed 5 Tenets of Whole Child Wellness using the ASCD Indicator Statements.

The group then transitioned to Task One:

Indicator Statement Inventory

Each group assessed the ASCD Indicator Statements for their topic.

Healthy

All 10 topics were a yes;

New - Leisure Time offers self-care, Food Pantry, New Partnership with Youth and Family Counseling

Safe

9 topics were a yes;

Safe on school grounds, however traffic flow is a problem outside of the building and in the hallways. Maybe we need signs for hallway traffic flow and congestion?

MSS School sign says Junior High instead of Middle School

Continue training substitutes throughout the year

SOAR expectations revisited often

LiveSchool points - ideas shared for how to carry it through whole year

Detentions and tardies are working

Students report school starts too early

Engaged

All 10 topics were a yes;

We should offer more opportunities for students to volunteer

Continue to train teachers on behavior management in large groups- Cafeteria, etc.

Requested passing period between lunch and leisure so there is enough space to spread out and eat

Supported

All 10 Topics were a yes;

Leisure added instead of Flex

Challenged

8 of 10 topics were a yes;

Students would like to be more challenged in Related Arts classes and have more time in the leisure section

Students want to make sure that all students are being supported in all ways

More activities offered to all students rather than just TRY students

The group then transitioned to Task Two:

The committee reviewed our Local Wellness Policy and made any comments and/or suggested edits.

Each group recorded updates and feedback on the Local Wellness Policy Feedback Form

Discipline Data Conversation:

Discipline data was shared with the committee.

Data covers the period of August to October

Deeper Dive into the Citizenship Category, since this is where many of our incidents fall.

Wows and Wonders:

Sticky notes identifying wows and wonders, and added to the Wows/Wonder Board.

Group share out.

Meeting adjourned at 4:30 PM

Respectfully submitted, Megan Goldman



Alicia Corrigan, Assistant Superintendent of Student Services



Julie Clifford, Board Member

Date Minutes Approved: Jan. 27, 2026