

ORCSD Wellness Committee Meeting Minutes

12-14-16

Respectfully Submitted by Katherine Moore

3:30 PM Downstairs Conference Room, SAU building Coe Dr. Durham: Eileen Moran, Jesse Morrell, Katherine More, Tracey Schroeder, Tom Newkirk, and Felicia Sperry (as Mental health and Social/Emotional Learning representative)

Old Business:

Eileen reports that the amount of time for MS breakfast has improved. Holly Pirtle stays with these students

The HS still does not have representation that is committed to this committee. Katherine will alert Todd Allen to find a representative. See later notes under "goals" of this person being integral to a HS survey goal. Tom Newkirk suggested Mr. Zotilli as he has been involved with the school time change which is linked to wellness. This person also needs to organize a HS committee. 😊

Despite Katherine's efforts to have HS staff suggest a student to be a part of this committee, she received nothing. Jesse Morrell feels she may have a lead on this and will have the student contact me if interested.

The MS does have a committee that deals with MS wellness. This is a fluid committee and the membership depends on the issue or goal being addressed. However, Eileen is sure that staff know to talk to her or guidance if they have wellness concerns.

Subcommittee Reports:

Social Emotional Learning Committee: Felicia Sperry gave a thorough recap:

A. The committee is in its second year as a response to the decrease in social emotional skills of our students and is looking at an approach rather than a curriculum to deal with this.

B. They are using CASEL definition as our standard

C. Hoping to include Social Emotional Learning in our vision statement.

D. Looking at how to embed this into our curriculum rather than teach in isolation

E. Committee has found that on a whole we are already doing great things supplementing, teaching, and encouraging social emotional learning however this needs to be systemized to assure that all students are getting all the components and that there is a similar vocabulary and understanding.

F. SOAR is a program that puts CASEL into a skill set. The committee is looking at this.

G. At the elementary level, data has been collected from teachers (at the last TW day) looking at each student's needs/levels to give the committee perspective on our needs

H. This committee was originally set with an elementary goal. However, the MS is interested in ideas for use in advisory ("homeroom") to help all MS students as well. By spring the committee hopes to have recommendations to put forward to the school board. They will be writing up something that, when accepted, could be put on the Wellness link on the ORCSD website and used as a Philosophy Statement for this committee and the district.

Mental Health Committee: report by Felicia Sperry: Heather Machanoff chairs this but could not be present.

A. This committee was assigned the task of setting up proactive measures for addressing mental health in our community and well as developing response to mental health issues.

B. There has been a training during the summer as well as one led by NAMI in October. Following this "connect" program there was a "train the trainer", 2-day conference held in November where 10 staff were trained to train other staff in recognizing and responding to mental health concerns. This training will start at the high school level in hopes of getting all high school staff comfortable with covering the topic of suicide and mental health awareness during advisory.

C. Holly Pirtle at the MS teaches a curriculum called SOS that helps students understand the signs of mental health struggles and what to do when they have or know of a problem. They are considering extending this into health class at the HS.

D. This committee held a health fair last year bringing together several supports in the area.

E. There was a community dinner and presentation in the fall addressing mental health through the national program "Change" which is bringing awareness to society about the signs of mental struggles.

F. The HS students were presented with this information as well during their school day.

G. This committee is looking at policy as well procedures and resources for mental health. They are discussing curriculum as well as emergency response.

Sustainability Committee Report: Tracey gave us some highlights:

A. The nutrition program sells water bottles to financially sustain the program. The sustainability feels this is philosophically opposing.

B. Nutrition program is trying to use some the school garden produce in the lunch program as well as local products.

C. Foss industries was working with us to recycle our “# 1” plastics however they have found a less expensive source through China.

D. The committee continues with an energy audit.

E. Lastly, they want to buy a piece of land that has trails next to Moharimet. Students are involved with fundraisers for this but it is a hardy task.

2016-17 Goals

1. Increase staff, student, and parent awareness of the wellness policy; the part about no food celebrations, no foods from home that are not a part of the curricular plan, no food for reward and no competitive selling of foods within the school system.

Plan: Have principals make these items a part of their staff and student/parent handbooks. Eileen will alert Jay to the request, Tracey will talk to Dennis and Katherine will speak with Carrie. We must wait and see who is representing the HS to speak with Suzanne.

2. Study the pressures on ORHS Students through a survey. This study would collect data this year about homework and stressors. The survey will be repeated next year post school start time change. The data will be compared to see if the change in start time is a successful change in relation to proper eating, sleeping and the reduction of stress on HS students.

Plan: Tom Newkirk will speak with Suzanne (HS principal) to explain our interest in studying this topic which is a school board desire as well. He will tell her that committee member Jesse Morrell is willing to work with her and the assigned teacher representative from the HS to design a survey to be given for 2

consecutive years. If all goes smoothly, Suzanne and her staff will work with Jesse to draft something. Jesse will bring the draft to our next meeting.

3. Organize a wellness speaker

Plan: Felicia Sperry is working with Catherine Plourde to organize what is looking like will be an evening social wellness education program for district parents. Stay tuned.

Next Meeting: February 6, 2017 3:30 PM at the SAU building.

Adjourned 4:37pm