

12/4/2017 District Wellness Meeting

In attendance: Tracy Schroeder, Kim Wolph, Jesse Morrell, Al Howland, Brian Zottolli, Eileen Moran

Mental Health: Per report, Mental health committee met this past week. No one was here to report on what was discussed. Kim Wolph reported that Ryan Long gave a seminar for staff on stress that was well received. Brian Zottolli raised the question of what was driving stress. Start times were changed so kids can get more sleep, but he feels kids are not working smart-too much social media going on at the same time preventing them from getting work done efficiently. Cell phone usage has exploded. Al Howland feels that we as a district need to put together staff, administration, community to come up with a coherent policy regarding cellphones in the schools that is not reactive. Eileen Moran states kids are going to the bathroom to use their phones, calling parents when they are upset instead of going to staff or nurse. Sometimes parents will pick up children without the nurse knowing they are not feeling well.

Discussed the need for more communication between committees. Possibly meeting more often. Difficult to address issues without participation of all parties.

Start time/sleep: As above, sleep may be interrupted due to social media use and poor study habits. Feeling of the committee was it will take a few years to evaluate. One thing Brian Z has noted, increased truancy in his first class of the day due to being stuck in traffic. Eileen Moran has noted that many kids are still being dropped off at the same time. Cafeteria and library in both the Middle School and High School are packed before school starts. Jesse Morrell noted her son still gets to school early, but likes the time to “organize” for the day. Katherine Moore wasn’t able to attend, but feels the bus time at the end of the day is long and that the elementary students would be better served starting school at 8am and ending at 2:30pm.

Staff Wellness: Schools are trying to build community. Brian Z. states the high school morale is low. No time to communicate or network. Would like to have time to talk with school board members as well as Superintendent.

High School: Brian Z. said the high school now has a wellness committee and they are meeting monthly. The issue the spoke of this month was vaping. It is rampant at the high school. The principal has confiscated many devices. Feels that kids have been hoodwinked into believing it is safe. He tells them they are becoming addicted to nicotine and they become very defensive. Needs to be addressed.

Meeting adjourned: 4:35

Next meeting: March 12, 2018

Minutes submitted by: Tracy Schroeder