

Wellness Action Committee

January 22, 2009, 11:45 - 12:30 P.M.
PCR

Members: Jenna Boswell, Brice Campoverdi, Michelle Levine, Paul Molinelli, Scott Plymale (ESBWI), Mike Thomas

Excused: Tony Calvello, Hillary McKinney

Wellness Brown Bag — The “Brown-Bag” on Drugs & Alcohol (1/15) went very well and featured an excellent presenter who specializes in adolescent drug use. Approximately 40 students attended, and Hillary reports that numerous sophomores commented that they learned several new pieces of information about the dangers of smoking and alcohol.

The next Brown Bag event will focus upon both *nutritional health* (frosh/soph at 4th period) and *de-stigmatizing mental health issues* (junior/senior at 5th period). Student surveys revealed that lower- and upper-division students preferred different topics for these brown-bag sessions, so separate events were planned with these divergent interests in mind. The dates for these brown-bag lunch sessions will be announced shortly.

Wellness Course — The Health/Wellness course is slated to be offered in Fall 2009. This semester-long elective will be open to all grade levels. The minimum number of student sign-ups for the class will be 25. The course will be advertised and promoted via current Science classes. Hillary reports that she will meet with the Counseling Department to discuss this new course and seek department members’ feedback regarding student schedules and level of student interest.

Scott Plymale will work with members of this committee and other interested faculty on crafting a Summer Curriculum Grant to support the development of the Wellness course.

Internet Safety — Michelle reports that Commonsense Media will deliver a presentation to parents on February 17th, from 7:00 p.m. – 8:30 p.m. While many parents have indicated that they will attend, the Counseling Department has offered to assist with outreach for this event. Michelle also noted that she has requested that four meeting periods be dedicated next year to issues related to internet safety and cyber-bullying.

Social, Emotional, Spiritual — Brice reports that she has been working with “The Body Positive,” an organization in Berkeley that promotes the “health at every size” model that encourages people of all sizes to adopt healthy lifestyles by becoming physically active, consuming nutritious foods, developing healthy eating attitudes and habits, and developing social support, self-respect, and positive body image.

Sex Education — Jenna reports that Tricia Kennedy and she continue to work on an expanded sex education unit to be taught in biology this spring.

Physical Wellness — Tony Calvello reports that Zero/8th period workouts are going very well. Additional faculty and staff have been joining the afternoon group every week. Tony points out that faculty and staff are setting a healthy example for our students, who observe our colleagues in the weight room every Tuesday and Thursday working hard and supporting one another.

Tony also reports that Monday Yoga will begin January 26th. Cindy Robertson will lead an after-school session every week in Weigand Theater. Tony continues to extend the invitation to coaches as well as many other faculty and staff.

Meeting adjourned.

Next Meeting: Wednesday, February 11th