

## **Wellness Action Committee Minutes**

March 12, 2009, 11:45 - 12:30 P.M.

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**Members:** Jenna Boswell, Tony Calvello, Brice Campoverdi, Michelle Levine, Hillary McKinney, Paul Molinelli, Scott Plymale (ESBWI), Mike Thomas

**Wellness Course** — Paul and Scott Plymale provided a short update on the Wellness course, specifically the summer grant proposal to design the curriculum. Scott and Carol Devincenzi (two of four grant team members) presented this proposal to the Professional Development Committee last Wednesday. Scott shared with the Committee his impression of this process and the discussion with the PDC. Among the questions raised by the PDC were those relating to enrollment (i.e., Will there be enough sign-ups to offer the course?), and whether developing good wellness curriculum has value for the school, even if the wellness course is not offered (i.e., Would developing a good wellness curricula be valuable even if it were integrated "piecemeal" into other areas of the school curriculum via Science, PE, Religious Studies, etc.?). While it may take some time before we have definitive answers to these questions, what we do know is that a thoughtful plan has been proposed to create an excellent curriculum, tailored to the specific wellness-related needs of this school. Furthermore, an experienced and enthusiastic faculty member, Carol Devincenzi, has availed herself to teaching the course.

**Internet Safety/Citizenship** — Michelle reported on the Commonsense Media presentation for parents on February 17<sup>th</sup>. Michelle noted that members of the Counseling Department really helped promote the event, attended by approximately 30 parents. Michelle acknowledged that while such attendance might be considered low by general standards, it was not bad for a first-of-its-kind event. Michelle mentioned that the presentation included an overview of Internet safety and the principles of good "digital citizenship," targeted around topics and issues most relevant for high school students. Michelle noted that the audience was engaged and that parents are clearly looking for tips about how to keep their daughters and sons safe in the online world. The Committee discussed ways in which we might connect issues of Internet safety and digital citizenship to other related areas, such as the Community of Concern and the college application and admissions process.

**Social, Emotional, Spiritual** — Brice and Mike reported that the recent "C is for Cookie" pow-wow on February 26<sup>th</sup> was well attended and well received. A representative from "The Body Positive" facilitated the discussion. This organization 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.

Brice asked the committee about whether to organize another "C.P.R. Week" (Calm, Peace, Relaxation) the week before finals. These activities are designed to help students and faculty find balance and manage or reduce stress. In conjunction with Student Council's "Coco and Cram" event, several of last December's C.P.R. Week activities were well attended. Members discussed the possibility of planning a more limited version of C.P.R. Week.

**Wellness Brown Bag** — The Brown Bag sessions on Nutrition were held February 26<sup>th</sup> and were very well received. Between the 4<sup>th</sup> and 5<sup>th</sup> periods, over 100 students attended these sessions. Members of the Science Department and this committee

made significant effort to promote this event among our coaches, athletes, and the general student body. Specifically, Tony Calvello and Marla Bottner were instrumental in promoting the event and serving as a liaison with speaker Jen Martin. Hillary reported that many of her students who attended thought that the presentations were well-organized and pertinent, and that presenters specifically addressed students' questions about nutrition supplements.

**Drug and Alcohol Education** — Mike Thomas reports that plans have begun to produce another "Every 15 Minutes" event here next Spring. More information will be forthcoming by the end of the school year.

Meeting adjourned.

**Next Meeting:** Thursday, April 23<sup>rd</sup> (5<sup>th</sup> period)