

Wellness Action Committee Minutes

April 28, 2009, 12:45 p.m.-1:20 p.m.
Principal's Conference Room

Members: Jenna Boswell, Brice Campoverdi, Hillary McKinney, Paul Molinelli, Scott Plymale, Mike Thomas

Excused: Tony Calvello, Michelle Levine

Social, Emotional, Spiritual – Brice began this discussion by proposing to move forward with a more modest array of CPR Week activities (CPR = "Calm, Peace, Relaxation"). For example, focusing upon publicity and communication about ongoing yoga and intramural activities might make the most sense, in light of how busy the schedule is at this time of year. Student Council is sponsoring another "Co-co and Cram" session, scheduled for May 19th.

Brice also reported that the Healing Mass was held last week (Sunday, 4/26) and was attended by about 50 people, the majority of whom were parents. While at first surprising, the Committee agreed that parents would necessarily have more experience with loss and grief than our students. Despite the low student turnout, the Committee agreed that the event was successful and particularly beneficial for members of our parent community.

Brice reported that the Grace McGill Project has produced a film entitled "Motherland" about mothers who've lost their children to suicide. The Committee discussed whether the school should sponsor a showing, and it was agreed it should just make information about the film available to the SI community.

Wellness Course – Thirty-one students have enrolled in the course, enough to ensure that it will be offered in both the fall and spring semesters. A Summer Curriculum Grant has been approved to support the development of this new elective. Carol Devincenzi (instructor) and Hillary McKinney will spearhead this work, and Mike Thomas and Scott Plymale (Edgewood Foundation) will assist. Other faculty have offered to support this curriculum development work on an informal basis.

Sex Education – Jenna reports that the sex education workshop unit, part of the Biology curriculum on sexual reproduction, will take place next week over a four-day period. Jenna noted that she and Patricia Kennedy would clearly have preferred more time on this unit, but time is always in short supply at the end of school year. Fortunately, several pieces of this curriculum will be piloted during the summer school Biology course. Jenna reports that Patricia will explore with the entire Biology level team the possibility of integrating either some or all of this unit into the entire Biology level curriculum.

Drug & Alcohol – Mike Thomas reports that Brian Clark, a doctoral student from the Wright Institute, has secured permission of the AP US History teachers to survey a large sample of our junior students for his dissertation research. Mike reports that Brian's research focuses upon adolescent development and students' high expectations and pressures to succeed. This work should add to our understanding about unhealthy sources of student stress. Brian will be on campus May 12th to administer the survey.

Meeting Adjourned.