

## **Wellness Action Committee**

September 11, 2008, 11:50 - 12:30 P.M.  
Father's Club Room

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

Excused: Michelle Levine

Paul welcomed everyone back after the summer break and reviewed the Committee's goals for the school year to (1) move forward designing and planning a significant activity, event, or resource within each of the six overlapping domains of the Wellness Program, and (2) locate and develop high quality curriculum resources that can be used both in current courses and within any future stand-alone course.

Paul quickly reviewed several long-term tasks that he and relevant Committee members would be working on as the group moved forward. They include:

- Cataloguing existing services & resources that SI currently offers that address one or more of the six wellness domains (Mike, Michelle, & Paul)
- Develop/refine specific outcomes for each domain (Paul & TBA)
- Develop assessments to measure achievement of outcomes (Scott, Paul, & TBA)

Paul asked Committee members to review with the group their current plans within their respective domains, and he asked Committee members to identify steps or resources needed to move forward. Members reported the following:

### *Drug & Alcohol Education (Mike Thomas)*

Mike reported two very good programs for use in teaching our students about alcohol and other drugs. One of them is directly connected to the e-learning site of the National Community of Concern. It includes some great links and tools that any teacher could use. Mike will be meeting with Steve Bluford to discuss how these resources might be usefully employed in PE. The other program comes directly from the starter kit for schools on "Adolescent Health and Wellness Curriculum" that Scott Plymale sent to us in June. It features an excellent chapter on alcohol and drugs that includes a step-by-step instructional process.

Mike reported that once the wellness services/curriculum cataloging task is completed (see above), we can then integrate these drug and alcohol resources within our current curriculum.

Finally, Mike also mentioned the possibility that each of the six members who represent the WAC's six wellness dimensions can present an overview of their wellness area (outcomes and services/initiatives) at a "C is for Cookie" powwow.

### *Sex Education (Jenna Boswell)*

Jenna intends to write a five-day workshop/unit on sexual health with the help of Tricia Kennedy this fall, with the intent of piloting the unit with Tricia's freshmen bio class in the spring semester. If the unit is successful, it can be integrated into biology curriculum the following year.

Current topics: These topics may not necessarily fall neatly into 5 class periods, and they may also be translated into a dynamic 5-day after-school workshop.

- Day 1: Anatomy & Reproduction
- Day 2: The Human Sexual Response System
- Day 3: Birth Control Choices for Teens
- Day 4: STD/STI Prevention
- Day 5: Accessing Health Services a Youth

In addition to planning a "C is for Cookie" powwow, Jenna is currently volunteering at the Women's Community Clinic one day a week, which has begun to yield some interesting knowledge and resources.

#### *Physical Wellness (Tony Calvello)*

Tony reports that free period and zero period workouts are off to great start this year with teachers, students, and even a parent joining the zero period group. Free periods during the school day may be hosted by a couple of teachers already following their own workout routines. Tony continues to network with faculty/staff, offering workout assistance and putting them in touch with other like-minded folks with similar training goals.

Tony also reports that intramurals "homeroom tournaments" have been revived, as noted in the recent "Kennedy Klassic" emails. Tony also proposed sponsoring an event (a la the Turkey Trot, Tour d'Ignazio) with an appropriate link to physical wellness.

#### *Spiritual & Emotional Wellness (Brice Campoverdi)*

Brice reported on her plans and efforts to gather information about what techniques or strategies are currently being used among faculty to help students cope and/or reduce stress. These strategies might be more spiritual in nature (class prayer or meditation) or more akin to personal advising or care (consoling a distressed student, more traditional stress reduction techniques).

Brice has formed a small committee to assist her in these efforts (Cindy Robertson, Bill Haardt, Serena Chan), and reports that plans are already under way to promote monthly yoga/meditation sessions, as well as a series of pre-Finals Week stress reduction activities. Brice will come to the October Academic Council meeting to explain and promote these plans.

#### *Wellness Curricula (Hillary McKinney & Scott Plymale)*

Hillary and Scott report that three fall dates (all Mondays) have been scheduled for Wellness Brown-Bag sessions in the Choral Room during 4<sup>th</sup>/5<sup>th</sup> lunch — October 13, November 10, and December 1. For the December session, the tentative topic is stress during final exams and the holiday season. Hillary and Scott will be working with a group of student leaders to select topics and organize these three sessions. In addition, Tom Casey will help design a brief (voluntary, anonymous) survey to the entire student body regarding their interest level of various topics. These results will help determine the Frosh/Soph interest for the 4<sup>th</sup> period sessions and the Jr/Senior interest for the 5<sup>th</sup> period sessions.

#### *Internet Safety (Michelle Levine)*

Michelle has been in contact with the Belmont Police Department about doing a presentation for our lower classmen on Internet Safety. Michelle has also contacted WiredSafety.org about providing appropriate curriculum resources in this area.

Paul said he would send a send out a request next week to solicit people's preferences for establishing a regular meeting schedule for the year, with the understanding that other full meetings (or subcommittee meetings) may be called as needed.

Meeting adjourned.