

Wellness Action Committee

October 9, 2008, 11:55 - 12:40 P.M.
PCR

Members: Jenna Boswell, Brice Campoverdi, Michelle Levine, Hillary McKinney, Mike Thomas, Scott Plymale (Edgewood Foundation), Paul Molinelli (Chair)

Excused: Tony Calvello

Updates – Paul began by asking committee members if they had any particular updates or questions regarding particular plans within their areas. Hillary updated the committee on publicity efforts regarding the first wellness brown bag session on “managing stress” next Monday in the Choral Room (10/13), and whether counselors might be able to assist by guiding students who would most benefit to attend.

Michelle updated the Committee on her efforts to find appropriate programs and presenters on the topic of Internet Safety. She has been in contact with Belmont and Piedmont police departments, and has spoken with administrators at St. Francis and Serra high schools about their programs and services in this area. She is working to develop both student and parent education events for late fall and/or spring.

Wellness Online Survey Results – Hillary shared with the committee the results of this student survey. Approximately 25% of the student body responded. The top five topics are listed below in rank order for both upper- & lower-division students.

Freshman and Sophomores

1. Stress reducing techniques
2. Relationships/ Sexuality/ Secrets Program
3. Life Balance/ Physical Health/Fitness
4. Nutrition/ Eating Disorders
5. Peer pressure/ Decision-making

Juniors and Seniors

1. Relationships/ Sexuality/ Secrets Program
2. Stress reducing techniques
3. Alcohol/ Drugs
4. Peer pressure/ Decision-making
5. Mental Health - de-stigmatizing depression/suicidal thoughts

Committee members noted how well this survey mirrored the results of the Wellness Gap Survey conducted last year, as well as previous WASC survey results (student, parent, and/or faculty data) that have indicated that more attention be given to the areas of sex education and drug/alcohol education.

In light of these results, other brown bag topics were discussed. The Committee agreed that we should use these results to guide our choices of topics, but that these results should not necessarily dictate all the topics. For example, although internet safety is not rated as a top concern (students don't see this as a “problem”), other data might suggest otherwise.

Brice reminded the Committee that she will attend the October Academic Council meeting to explain plans that are underway to identify and share strategies currently being used among faculty to help students cope and/or reduce stress.

Publicity & Student Leaders – The Committee discussed how it might coordinate its efforts to advertise wellness events and utilize student leadership in the process. Discussion followed about the possibility of tapping members of the previous Wellness Committee. Committee members agreed that students are very busy and generally maxed-out. It was agreed that tapping into current Student Council members might be the better course of action, given their expertise in this area.

Grief Support Week – Mike Thomas was alerted by Carol Quattrin that a DVD is now available from the Grace Magill Project, which is suggesting that organizations offer a showing during Grief Support Week in mid-December. While the Committee agreed that this could be a valuable resource within the domain of Emotional & Spiritual Wellness, this resource might be more appropriate at another time of the school year and within the context of some other activity or event associated with grief and healing.

Long-term Tasks – Paul, Mike, Michelle, and Scott agreed to meet after midterms to discuss the formal cataloguing of services, events, and curricula (both existing and planned) in each of the six wellness program areas: (1) health curricula, (2) emotional & spiritual wellness, (3) after-school/physical wellness, (4) alcohol & drug education, (5) internet safety, (6) sex education.

Scott also agreed to work with Paul in developing the Wellness website so that it accurately reflects the relationship between the six domains of wellness identified by the Edgewood Foundation and the six specific program areas identified by St. Ignatius. This process will also assist in refining the specific outcomes for each of six program areas.

Scott and Paul also agreed to talk further with Scott Collier (Edgewood's evaluation expert) and Kevin Quattrin about designing appropriate short-term and long-term assessments of these wellness efforts.

Meeting adjourned.

Next Meeting: November 13th