

Wellness Action Committee

November 13, 2008, 11:45 - 12:30 P.M.
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Members: Jenna Boswell, Tony Calvello, Brice Campoverdi, Michelle Levine, Hillary McKinney, Mike Thomas, Scott Plymale (Edgewood Foundation), Paul Molinelli (Chair)

Paul asked members to provide updates on their efforts and to share any particular challenges they were having moving forward with their efforts.

Emotional & Spiritual: Brice reported on that "Meditation Monday" has begun and is being led by Bill Haardt in Jenson Chapel from 2:40-3:20 each Monday. Brice reported that she and Cindy Robertson are still trying to create a girl's yoga group for freshmen and sophomore girls that will meet each Tuesday during 4th period. With regard to boosting attendance, Committee members suggested that regular, ongoing announcements might create more awareness and give these activities more traction. Lastly, Brice updated everyone on plans for "C.P.R. Week" (Calm, Peace and Relaxation) the week before finals. During this time, several activities are planned to help students and faculty reduce stress and find balance amidst our busy lives.

Wellness Education & Curricula: Hillary reported that over 80 students attended the November 10th "Brown-Bag" Wellness lunch on Sex & Relationships. Anecdotally, students reported that the session was helpful and informative. They appeared to enjoy the guest speaker's responses to their anonymous written questions and to students' comments during the session. Hillary wishes to thank the members of the Wellness Action Committee, the Counseling Department, as well as Science and Religious Studies faculty for helping to make this event a success. Hillary reported that the next "Brown-Bag" Wellness lunch will be January 15th, and the session will focus upon issues related to drugs & alcohol.

Hillary also reported on progress toward creating and offering a Health/Wellness elective course. She met with both Kate Kodros and Paul Molinelli earlier this month to discuss the feasibility of offering this course next year (Fall 2009). They discussed course outcomes and content, course instructors, and potential enrollment. They agreed that it was important to move forward with this course, pending the Principal's approval. If the course is approved, a meeting will be scheduled with counselors in January to discuss the new class offering and to identify interested and/or appropriate students.

Internet Safety: Michelle reported on her efforts regarding Internet Safety and the challenges of finding appropriate speakers for students and parents. Discussion followed about how to broaden our approach to wellness education in this domain by considering/examining the broader notion of "digital citizenship" and its relationship to making healthy choices around digital technology. Scott Plymale has identified a highly regarded organization, Common Sense Media, which provides informational sessions on issues related to Internet safety.

Drug & Alcohol: Mike Thomas reported that plans were already beginning for SI's next "Every 15 Minutes" experience, slated for Spring 2010. Mike also mentioned that he was working with Paul to revise/refine the goals and objectives of SI's drug and alcohol program.

Physical Wellness: Tony Calvello reported on faculty and student participation in the Zero Period and 8th Period workouts. He also noted that while intramurals are going strong, it's still a challenge to increase participation amidst all that's going on around SI. Tony also recommended that we use the Parent Newsletter to update the community to SI's wellness efforts.

Lastly, Scott updated the group on efforts to properly align the Wellness Program objectives to our current committee structure, areas of focus, and specific outcomes for these areas. Paul and Scott would work together to update the website within the next two weeks.

Meeting adjourned.

Next Meeting: December 11th