

## **Wellness Committee Meeting 9.26.17**

Janis, Hae Sue, Meredith, MariaTeresa, Angela, Erika, Marcela, Barbie

**Guest speaker:** Arlen Levy, [arlenlevy@gmail.com](mailto:arlenlevy@gmail.com), 425-765-1514, Certified Mindfulness Instructor

### **Housekeeping-**

- Ongoing meetings Thurs 12:30-1:45 every other week- Janis will check with KiMS if we can have them there.
- Website being updated- <http://kirklandmiddlepts.org/Page/Pta/Wellness>  
--what would we like to add or include?
  - WE should add the option to buy PCC scrip cards on site
- Backpack Update- results in later this week, workshop planned for 10/11, committee first meeting 10/2
- Green Team Update- achieved level one → goal level 2 this year (energy/water conservation), will be a subset of builder's club meetings. Working on new signs for lunch room with less stations. Pls encourage your kids to join!
- ASB- fundraiser: box of oranges kicks off 10/27, need recipes for oranges from Wellness Committee

**Arlen Levy**- guest speaker, former teacher, [mindfulschools.org](http://mindfulschools.org) (get slideshow), w/ them 5 years  
Mercer Island, Bellevue participated (Tillicum)

Mindfulness is--Present moment awareness of our thoughts, feelings, bodily sensations or surround environment. Whatever is happening without labeling it as good or bad (non-judgmental).

Real Happiness, The Power of Meditation, by Sharon Salzberg

Curriculum is 16 different lessons

Took at mindful moment together

Helps kids with sleep, test taking, anxiety,

Teachers have reported, kids are to notice whatever is happening, w/o judgment

Best to work w/teachers first, and voluntary basis- done lunchtime

Mindful eating

"Stop Breath & Think" – great app geared towards teens

Professional development- teachers, getting more training

12-16 Weeks (lessons)- 20 minutes each

Bellevue- did during health class on Wednesdays/half days

Videos/games also in curriculum

Pre and post evaluation- to kids and teacher for measuring success

Presentation on professional development day to our staff – discover who is interested?

Mindfulness fundamentals- for teachers, also online training

Teachers want to try in their classroom?

Arlen will send pricing breakdown of services

Engquist, Knight, Bond may be interested.

Have Arlen at a staff meeting before school one day to gauge interest?

Hae Sue- check in with Debbie

