

## Wellness Committee Meeting , 11/21/16

LizzyKate French Bakery Green-E Juice

Attendees: Francesca, Janis, Denise, Shannon, Erika, Sheri

-Shannon mentioned there is a woman that does a "Mindfulness for Girls" (how to manage stress, etc) curriculum at Redmond HS and is also available for other opportunities if that's a resource we might want to incorporate at some point.

-Wellness News Tidbits- not great clickthroughs on Panthergram. Social media/Facebook may be better? Decided we don't think many people would opt in to another newsletter. Who are we targeting? Kids can take messages that have impact home to parents. Need staff buy in and adoption for any program to be successful.

### **Reviewed Mission Statement:**

*The Kirkland Middle School Wellness Committee is dedicated to establishing and maintaining an environment that promotes general health by supporting the adoption of attitudes that contribute to positive well-being and providing information, activities and services designed to support healthy lifestyle choices.*

-We want to focus on establishing a culture and changing the mindset in school using a holistic approach that incorporates many aspects of wellness.

How do we get staff engaged? Need to have specific asks for Debbie regarding program

How do we translate this mindset shift into tactical goals for the year?

### **Ideas/Action Items:**

1. "Wellness Week" concept- Francesca will draft a "Plan of Action" form for the PTSA Board
  - Includes highlighting different areas of wellness messaging for a week in the spring
  - Perhaps during Bike to School Day week?
  - Content could be coordinated with school activities
  - Panthertime video/lunchtime skit/vendors-booths similar to STEM nt concept? recipes
2. Regularly Scheduled Wellness Messages- Francesca will develop the Plan of Action document
  - Monthly during lunchtime for 5-10mins
  - Focus on learning in a fun way, gameshow concept? ie, which drink has most sugar
  - Simple/visual/interactive/interesting/fun
  - Target start in Jan 11, 2017
3. Quick 10 minute presentation/chat w staff- Janis will talk to Dan about this
  - Intro our committee
  - Explain why wellness is important in so many ways/how impacts students and their learning
  - Feedback on ideas/things to focus on
  - Wellness Comm can make a list of how to incorporate w-ness ideas in the classroom that coordinates with our message ie; stand up and do neck rolls/deep breaths while your netbook is booting up, homework assignments can also incorporate (writing, etc)