



Wellness Committee Update

OCTOBER 9, 2019

2018-2019 Wellness Work

- Increased Focus on Mental Health
- Monthly Parent Workshops
- Expert Panel
 - ❖ January 2019
- Mental Health Round Tables
 - ❖ Community- February 2019
 - ❖ Student- Spring 2019

Round Table Feedback Themes

- Culture/climate (academic/stress balance)
- Staffing
- Parent Education
- Professional Development
- Student Education
- Inclusiveness/connectedness
- Technology

Wellness Subcommittees

- School Start Times
- Parent Education
- Student Education
- Professional Development
- Staffing
- Vaping
- Staff Resources
- Wellness Policy
- Data Tracking
- Technology

Subcommittee Participation

- Chaired By Wellness Committee Members
- Parents
- Community members
- Administrators
- Teachers
- School Board Members

Timeline and Next Steps

- Monthly Subcommittee Meetings
- Monthly District Wellness Committee Meetings
- Continued Work of the District
 - ❖ K-12 Universal Screening
 - ❖ Monthly Parent Trainings
 - ❖ Targeted and Differentiated Professional Development
 - ❖ Expansion of Schoolwide Positive Behavior Support
 - ❖ Implementation of new and expanded Health/Wellness curriculum

Timeline and Next Steps

- CTC Partnership With DASD to provide Professional Development in the Following Evidence-based Programs
 - ❖ Footprints For Life (K-2) November 4, 2019 (K-5 Health and PE Teachers, Prevention Specialists)
 - ❖ Say it Straight (K-12)- October 28, 29, 30 (7-8 Health and PE Teachers, Prevention Specialists)
 - ❖ Signs of Suicide (SOS)- Marsh Creek, Parent Night November 6th