

**Wellness Committee Meeting #3
December 18, 2018**

The Wellness Committee for the Kirkwood School District met at 4:00 p.m. on Tuesday, December 18, 2018, at the Administrative Services Center located at 11289 Manchester Road.

The following committee members and staff attended the meeting:

Shonda Ambers-Phillips

Angie Bernardi

Meredith Byers

Ginger Cayce

Tim Cochran

Michele Condon

Tony Grana

Jennifer Hoell

Alan Hopefl

Karen Leonard

Michele Niece

Shanon Orelup

Lisa Owens

Bryan Painter

Jennifer Pangborn

Megan Reznicek

Mike Romay

Marianne Ross

Missy Sandbothe

Julie Tadros

Tim Timlin

Abby Upmeyer

Audrey Westrich

The following committee members were absent:

Carmon Griffin

Barbara Guess

Julie Redington

Mandy Rose

Keisha Seymour

Kurtis Sobush

Cindy Voller

Item 1 – Call to Order/Public Comment

Dr. Michele Condon, Superintendent, called the meeting to order at 4:02 p.m. No public comments were made.

Item 2 – Introductions

Dr. Condon thanked all for attending the meeting. All present members introduced themselves to the group.

Item 3 – PE and Health Teachers’ Initiative Through Physical Activity

Teachers Tim Timlin and Tony Grana along with facilitator Michele Niece presented their collaborative efforts to date on the “Move to Improve” spring campaign by sharing visual charts, curriculum focus, and public study data statistics. Committee members requested additional icons for more inclusiveness to the campaign visuals.

Item 4 – Washington University Grant Study Results

Taylor Consulting Group (TCG) with Washington University’s Olin School of Business presented its mental wellness survey findings related to emotional stress within the district and the community. Emotional stress is an increasing epidemic nationwide and TCG reached out to Kirkwood students via surveys and meetings to more closely analyze the issues facing district students. TCG presented its findings related to the middle schools and Vista, made program recommendations, and answered committee questions.

Item 5 – Restorative Circles as a Structure

Dr. Michele Condon discussed restorative circles as a structure for wellness. Restorative circles are useful practice to assist the students process their thoughts and feelings so they can better handle their situations and be more present while in class. A community forum on restorative circles was held on December 1, 2018. Approximately 30 people attended and participated in the circle structure. Dr. Shonda Ambers-Phillips explained the inner and outer circle concepts to the committee. The community forum notes were shared with the committee.

Adjourn

The meeting adjourned at 5:17 p.m.

Future meeting dates:

Wednesday, January 23, 2019 @ 4:00 p.m. in the ASC Conference Room

Wednesday, March 13, 2019 @ 4:00 p.m. in the ASC Conference Room

Wednesday, May 8, 2019 @ 4:00 p.m. in the ASC Conference Room