

Wellness Committee Minutes  
November 12, 2019

- Introductions of the group members
  - Everyone introduced themselves and their roles
- Group norms reviewed for all
- Review of Wellness Plan Year One Priorities
  - Youth Mental Health First Aid
    - Training planned Nov. 20, including high school and middle school staff
    - Future trainings to get high school to minimum 10% of staff
    - Rachel with Missouri Institute for Mental Health presented on Mental Health First Aid, Youth Mental Health First Aid, and Teen Mental Health First Aid, and reviewed requirements for Teen Mental Health First Aid
    - Questions
      - How can we communicate trainings with parents?
      - Can we host trainings for parents and community members?
      - Could we provide more information on our website?
  - Digital Citizenship
    - Dr. Bryan Painter reviewed Digital Citizenship and plan for district
    - Website shared with information for teachers and parents
    - Plans for continued roll out shared with team
  - CPR, First Aid, AED, Stop the Bleed
    - Julie Tadros shared progress on training school team members
    - Stop the Bleed information shared with team
- Additional Wellness Activities reviewed
  - KSD NOW--food insecurity program for students providing food for weekends
  - Wellness Symposium--who is attending, goals for the conference
  - Poverty Simulation--review of the simulation recently held, interest from the team about holding future simulations
  - Angst Documentary--preview shared with team. Reports that those who viewed the film think we should show in our schools. Working on plans to show to as many people as possible.
    - Questions
      - How much does this cost?
      - How does this fit within the framework of other things (like homeroom schedule at high school or other times at middle)
      - Will there be community viewings?
      - Provide parent resources?
  - Transgender Center--training for social workers, counselors, ESCs
  - Educational Equity Task Force--we will look at completing a crosswalk of this committee and the work contained and connect to Wellness