

# WELLNESS NOTES

January 16, 2020

8:30 AM

Skinner North Parent Room

## Attendees:

Chair, Shannon Stevens Pokornik

Dr. Magnuson, Ms. Walsh

## Wellness Workshop Series:

- **Coping with Student Stress Recap**
  - Discussed the concerns around mental health and provided caregivers more information to determine if their student needs additional supports
- **Gender Development with Lurie's Hospital**
  - **Tuesday, Jan 28 at 5:30 PM**
    - Workshop will be open to the community to attend. Students are interested in attending and speaker will be available to answer questions
- **Potential Executive Functioning Workshop in Spring**
  - Ms. Jacobson would be asked which speakers would be best. The school has worked with Rush in the past. Rush will charge \$750 for an hour and a half presentation. Nurturing Wisdom also offered a caregiver workshop \$200 or \$75 per participate hands on workshop.

## Teacher Wellness

- **Teacher Survey**
  - Ms. Walsh mentioned this would be a great opportunity to reach the teachers and staff
  - Potential for supports on PD days supported by Wellness as well as team building ideas

## Student Wellness

- **Collaborate with Student Council to identify needs and ideas**
  - Dr. Magnuson will reach out to student council to see if anyone is interested in having a voice on the Wellness Committee

## Other Wellness Events

- **Provide community with awareness of events happening throughout Chicagoland**