

# Wellness Committee Notes

November 15, 2019

8:30 AM

Skinner North Parent Room

## Meeting called by

Chair, Shannon Stevens Pokornik

## Wellness Workshop Series:

- **Coping with Student Stress**
  - Two session offered
  - Morning rescheduled to Dec 17
  - Flyer will circulate through Room Parent and FoSN communications
- **Gender Development with Lurie's Hospital**
  - Provide Wellness Workshop in Jan/Feb

## Student Wellness

- Collaborate with Student Council to identify needs and ideas

## Teacher (Staff and Administrators) Wellness

- Collaborate with teachers and staff throughout the school year
- 1<sup>st</sup> grade teacher, Ms. Walsh, has agreed to be teacher liaison
- After winter break, a survey will be created to get identify wellness support ideas