

Wellness Committee Meeting Notes

Sept 19, 2019

8:30 AM

Skinner North Parent Room

Meeting called by

Chair, Shannon Stevens Pokornik

Attendees: Ish El-Amin, Natali Tygielski

New Members

Discussed the role of the Wellness Committee and how it relates to the vision and mission of the overall Skinner North Community

Wellness Workshop Opportunities

- Stress and Anxiety Speaker
 - Provide caregivers opportunities to learn how to identify stressors and strategies to support students through stressful times
- Gender 101
 - Provide caregivers with understandings of gender development
 - Speaker available through Ann Lurie Children's Hospital

Teacher Wellness

- Supporting the wellness of our teachers, staff, and administrators
- Compliment magnets or notes to encourage students and caregivers to highlight and acknowledge the positive experiences students have in classrooms and at school
- Determine whether we may use the bullet board outside during in October (World Teacher Day October 5)