

Wellness Committee Meeting Notes

February 5, 2020
2:30 PM

Attendee

Chair, Shannon Stevens Pokornik

Wellness Events

- **Random Acts of Kindness Week (Feb 17)**
 - KIND Display Creation
 - Friday, 2/14 1:00 PM
- **Student Assembly**
 - Art of Compassion, Rena Rosen, coming to teach about kindness and inclusion to students in afternoon assembly
- **Collaboration with Diverse Needs Committee:**
 - Executive Functioning Workshop ³/₄
 - Affirmation Week in April
- **“Mindfulness May”**
 - Working to provide more mindful and relaxing opportunities to students and families during the month of May