

Members Present: Dustin Vincent, Anna Tiffany, Scott Weispfennig, Kelly Gutierrez, Marianne Thole, Jane McMullen, Lizzy Thierl (US Student Representative), Emma Klinzing (US Student Representative), Susan Mueller, Candace Westlund

Absent: Jay Merrigan, Keven Seim

Introduction of Upper School Student Representatives: Lizzy Thierl and Emma Klinzing.

Reviewed and approved minutes from March 2017 meeting.

Anna Tiffany met with the Professional Development Committee to plan a presentation this spring. The Professional Development Committee is interested but wanted more information. The May 22nd PD day is full, but it may still be a possibility for PD in June, 2017.

Guest speaker – Susan Schultz spoke to committee about ‘brain prep’. She shared what changes are seen physically/mentally/emotionally, how it could benefit the kids at school, and her vision for initiating this program at school. Susan is open to a pilot program. She would like to see a 6 week session with students where they learn and practice brain prep along with their teacher followed by the teacher continuing the practice in class. Susan did an active demonstration with committee members.

- Consensus of the committee was this type of program could be beneficial to the students, especially before tests. The logistics of a brain prep program will be the challenge. Committee would like to continue to pursue piloting a brain prep program, but recognizes there are challenges, as well as other options for addressing the anxiety and stress we are seeing in students.
- Committee discussed what a PD day addressing this topic would look like. Ideally, Susan would meet with each division to cover the why and background information, do a demonstration, and answer questions. Another option would be for Susan to present to the whole group, followed by a break out session for each division, and planned time for questions and logistics input. A breakout session for teachers interested in the pilot program is another option, after a large group presentation.
- The committee would like to have several teachers from each division in the pilot program. The committee would need to figure out training for the teachers who would pilot, it as well as how to measure effectiveness. One option for measurement would be to use biodots.

Candace shared why committee has a new wellness policy to review. The current policy was based on a model policy when it was originally introduced. Only minor updates have been done since initially approved. Given the number and type of changes that go into effect July 1, 2017 it was felt that a major revision of the current policy would better assure that SCPA was meeting the new requirements.

- Sections of the policy that deal with actions in the cafeteria and health education curriculum have been shared with Division Principals, Marianne, and the PE staff of



each division. Principals and PE staff will be working with teaching staff to discover which items we are currently addressing and which we are not. Knowing this will allow the committee to write SMART goals (a requirement of the new law) for those areas we are not addressing.

Upcoming Needs/Action Items:

Anna Tiffany will bring the information we learned today on brain prep and the ideas we have for how to incorporate this into a PD day to the PD Committee. Kelly Guterrez will be the health advocate on the Admin Team.

PE Teachers will continue to work with teaching staff in their division to find out what health education topics we are covering.

All members of the committee are requested to review the new draft policy and email Candace with any items SCPA is NOT doing or could improve on. The areas we are not meeting or could improve on can be made into SMART goals. The Wellness Policy is a working document and wellness is a process.

Next meeting: Thursday, May 25, 2017 at 8:15 AM