



WELLNESS
ADVISORY COUNCIL
Peak to Peak Charter School

Wellness Advisory Council October Meeting Agenda & Notes

October 3, 2017

3:30-4:00

College Counseling Center (CCC)

Attendees: Christie French, Brandon Nelson, Lisa Amerine, Patrick Marti, Brian Knox, Lori Preston, Vicki Lundquist, Robyn Steuer, Elizabeth Begley, Kelly Reeser, Sam Todd, Jeri Chandler, Libbi Peterson, and Kimberly Gannett

3:30-3:50 Share out time!

- Elizabeth provided an update on Food Services:
 - Homemade muffins are a big hit; they are selling out every day
 - New entree recipes have been offered
 - Homemade salad dressings are coming
 - Developed the vision and mission statements:
 - [Food Services Vision and Mission](#)
 - Teachers are signing up for tours, kids get taste of muffins after the tours
 - ELT served first tastings of muffin bites to students. They were a big hit!
 - We need to do more public celebrations; need a larger marketing presence
 - Update website
 - Report on survey results
 - **Action item:** Kelly will work with Food Services team on communication
- Contacts from Erica Harlow: Whitney Vestal whitney@3wraces.com Lisa McGathey lisa@3wraces.com
 - Can help set-up Run for the Peak as official race and can help offer staff wellness opportunities
- [Trip Tracker](#) (Megan Hensen willing to help)
 - Used in BVSD and other districts. Megan is helping to start this at P2P.
 - **Action Item:** Christie will connect Megan with Sam and Kelly to combine similar ideas from parents who are interested in helping.
- “Don’t Walk in the Hallway” program has been implemented in elementary buildings; Jeri helped with rollout.
- Cardio Club started yesterday, will continue every Monday from 3:35-4:15 for staff members.

- Sam relayed info from a meeting with parents who were concerned about traffic congestion on Merlin Drive and who wanted to help encourage families to walk and bike to school. One solution offered: construct a walking path along north side of fence. This project is being scoped. Kelly added that high school students in the new Design and Innovation course are also interested in project to reduce traffic congestion on campus.

3:50-4:10 Mindfulness presented by Christie French.

- What it is, and what is the research behind it?
- Elementary is using it daily
- Christie showed [Mindfulness PowerPoint presentation](#), showcasing what's going on at elementary.
- TED Talk clip: successful adults have self control and practice mindfulness.
- Mindfulness enhances ability to focus.
- Research behind mindfulness is plentiful; Definition: maintaining an awareness of your thoughts and feelings without judgment.
- Benefits of mindfulness include a 20% increase in positive social behaviors, other statistics on slides.
- Advocacy for meditation as a way to achieve mindfulness (use it as a superpower)
- ABCs - Attention, Balance, Compassion are part of "In Focus" curriculum.
- Three required K-5 components: use our six Breathing Exercises, six Mindful Movements, and Mindful Bell (Chrome extension).
- Q: Has there been any pushback from staff or parents? A: Not at all. Kids are more relaxed, calm and focused. Teachers have benefitted, too. Energizing activities are best when paired with mindfulness. Christie sees students having increased focus. Lots of parents have asked for resources. Teachers emphasize that practices are secular.

4:10-4:30 Brainstorming session- how can we expand mindfulness program. Preview of programs.

What current mindful practices are happening K-12?

- MS - Lori reported that mindfulness is incorporated during MS staff meetings
- HS - Liz Tarbutton explained the toolbox she uses. Bell used as an inside timer. Kimberly reported on Sources of Strength (SOS) group's toolbox developed by kids. It's important to develop a common language; students have offered to teach faculty about it.
- 9th grade access focus is on positive risk taking and resiliency (this would be a great place to insert more mindfulness topics).
- Liz reported on the Holistic Life Foundation. This is an after-school program developed by Boston men who began with a framework of Restorative Justice. They start with mindful moment each morning, and kids do restorative justice if needed. Discipline has been positively impacted. Studies show that some kids are initially skeptical, but after they see the positive effects, they are persuaded.
- Elementary teachers use terminology the kids understand: lizard brain, dog brain, owl brain.

- Christie described free resources. See list below.
- A simple first step to integrate K-12 would be for teachers to install chrome extension and teach kids to do three deep breaths and smile when they hear the bell.
- InFocus has been purchased for middle school. Lori will follow-up on implementation.
- We need to collect more information about what teachers are currently doing.
- Sam and Kelly reported on Leadership Resiliency and Emotional Fluency training that ELT recently did. It's related work, and has had a positive impact.

What is our vision for a K-12 mindful program? Goals?

What resources are needed?

Christie suggests: 6-12 uses mindful bell and DBT, teachers can supplement with choice of additional mindful resources

- [DBT \(Dialectical Behavioral Therapy\)](#)
 - Originally developed for people with Borderline Personality Disorder, PTSD, eating disorders, depression, etc. ([more information here](#))
 - Now used for any teenager
 - Incorporates mindfulness, emotion regulation skills, interpersonal effectiveness skills, distress tolerance skills,
 - Great extension and expansion of Elementary's "In Focus" program
 - \$38 per book
 - More free DBT resources for teachers [here](#)
- [Smiling Mind](#)
 - Free for educators
 - At-home programs by age, mindfulness in the workplace, mindfulness in the classroom: 7-9 years, 10-12 years, 13-15 years, 16-18 years)
 - Easy to follow online lessons, not a lot of prep involved for teachers
 - Can be practiced 1-3 times per week
- [MindUP](#)
 - K-8 program
 - At-home programs, mindfulness for teachers, mindfulness for schools: PK-2nd, 3rd-5th, 6th-8th
 - Can be purchased through Scholastic for \$19 per book (one book needed per teacher)
 - 15 lessons, a way of teaching
- [Mindful Schools](#)
 - Training for K-12 teachers
 - 6-week course, costs \$550
- [Niroga Institute: Transformative Life Skills](#)
 - Stress-resilience, self-awareness, emotion regulation, healthy relationships
 - Trauma-informed!
 - Dynamic Mindfulness online training available for teachers, \$100 per course

- [Book available on Amazon for \\$17](#)
- [Calm.com](#)
 - Free for educators
 - Easy to follow online lessons, no prep involved
 - For K-12 students
 - Unsure of number of lessons
- [Mindful Bell](#)
 - Chrome extension
 - Can customize length of time and number of bells
 - Take three deep breaths and smile