

SHUFSD Health and Wellness Committee

2023-2024 Meeting #3 Minutes

Heritage Room

December 13, 2023

The Health and Wellness Committee meeting began at 5:35 PM on December 13, 2023. Due to the use of the Google Room, the meeting was moved to the Heritage Room.

Members present included Erin Meijer (Virtual) Fred Scragg, Reanna Fulton, Annie Michaelian, Sheila Buhse, Liz DeMonte, Madison Skelton, and Jaren Smullian

Members absent: David Barth, Shaka Williams (LOA)

The committee welcomed a new member, Corey Blair who is our Supervisor of Guidance K-12.

The Panorama Education fall survey was reviewed. All committee members discussed the following areas:

- School Climate is the perceptions of the overall social and learning climate of the school:
 - Grades 3-5 had an increase of 3% since the spring 2023 administration and was ranked in the 40th-59th percentile as compared to others nationally.
 - Grades 6-8 had an increase of 6% since the spring 2023 administration, but was ranked 20th-39th percentile as compared to others nationally.
- Emotional Regulation is how well students regulate their emotions:
 - Grades 3-5 had 0% change since the spring 2023 administration and was ranked between 0-19th percentile as compared to others nationally.
 - Grades 6-8 had a decrease of 1% since the spring 2023 administration and was ranked in the 40th-59th percentile as compared to others nationally.

The committee discussed some options to support the School Climate and Emotional Regulation needs in the survey.

- Lessons are available in Panorama Education to help target some of the areas of need identified in the survey
 - For School Climate: example of the lesson “Cultivating Respect: Exploring Perspectives
 - For Emotion Regulation: example of lesson “Understanding Personal Motivations and Assets”.
- SBM was also suggested as another method the district can use to tap into resources.
- Ms. Meijer shared a program to explore called Sky Breathe.
- The committee also agrees that a district wide theme month could be explored.

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The committee reviewed briefly the SEL progress: CW/OW- Push-ins “Emotion Management” and BW/MW grade level assemblies on “Gratitude”. Ms. Meijer shared feedback she received.

Madison Skelton shared a brief update on the Morgan’s Message program. She has met with student athletes and coaches and will be working more with them this month.

Options for health related activities and a focus of health as the topic for the January meeting was discussed. Corey Blair suggested exploring this at the change of the sports seasons.

The next meeting: January 10, 2024 at 5:30 PM in the Google Room.

The meeting was adjourned at 6:23 PM.