



**District Mission:** To prepare all students for life-long learning

**District Vision:** We will:

- Exhibit an unconditional commitment to students.
- Provide an environment that is respectful and nurturing.
- Provide a high quality and challenging education in which all children succeed.
- Foster individual and collaborative creativity.
- Foster interdependence among all individuals in our community.
- Create an atmosphere of continual improvement and reflection.

**Title:** Emotional Wellness Committee

**Date:** February 3, 2010

**Location:** Seminar B

**Time:** 4:00-5:10

**I=Information A=Action D=Dialogue**

**Agenda Items**

**Person(s)**

**Code**

**Positive Words**

**ALL**

**I/D/A**

Rebecca provided welcome as well as some information about the effort to raise relief money for Haiti.

Next, the group shared introductions.

Several team members provided updates. For instance, the DPM-5/6 mentor described the great success and excitement of ‘Penny Wars.’ Additionally, a representative of Charmm’d provided information on a highly successful community event, and described an upcoming event on 3/24/2010 with Dr. Nate Eklund. The DPM-7/8 Mentor shared that Lynn Moore, CEP Coach, provided a very powerful professional development opportunity for staff recently. Also, he described the importance of choosing a positive attitude regardless of external circumstances. Students are becoming more and more open to discussing issues and thoughts in advisory as well. The Everett Mentor provided information on the Haiti relief effort. She also said that the mentor meetings put on by Charmm’d are providing great ideas that she is able to bring back to her school. A D67 Co-Mentor provided information on a LEAD series and Leaders luncheon that occurred today, both great examples of ways that the community is coming together and addressing identified issues. DPM-E Mentor also described components of the *Bully-Proofing Your School* program. As a result, students are being more open about what is occurring.

Our parent reps provided an update of what they are experiencing and hearing in the community and in their homes as it relates to this topic. Several very helpful points were made, including: focus on the bus will be a good idea; middle school students really do notice adult behavior; and it is nice to be aware of school resources so they can be reinforced at home.

A D67 Co-Mentor described plans for an EWC sub-committee to gather data and explore bus issues and resolutions.

**Book Study (Parts 1 & 2)****ALL****D**

The group reviewed some discussion questions from chapters of the book “Positive Words, Powerful Results” by Hal Urban. This was followed up by short but very rich discussion.

**Reflection****RL/JM****I/D/A**

A representative of LEAD described an upcoming Parent University on March 13 and highlighted the fact that Rebecca Leafman is one of the presenters!

The meeting adjourned at about 5:15 p.m.

**Meeting Dates:**

Dec. 2, Seminar B

Feb. 3, Seminar B

April 7, Seminar B

May 5, Seminar B

***“Our words reveal our thoughts, our manners reveal our self-esteem, our actions reflect our character, and our habits predict the future.” ~William Arthur Ward***