

**MINUTES OF MEETING  
WAYLAND WELLNESS COMMITTEE  
MEETING OF: November, 5, 2014**

**Present:**

Malcolm Astley, School Committee  
Marlene Dodyk, Director of Student Services  
Rose Dunn, Community Representative  
Cheryl Judd, Food Service Director  
Ruth Mori, Public Health Nurse/School Nurse Leader  
Scott Parseghian, Assistant Principal, K12 Health and Wellness Coordinator  
Amy Schoeff, High School Nurse  
Cindy Lewis, CAPA

Marlene Dodyk called the meeting to order at 8:15 a.m.

**Update – Addressing Stress (current school initiatives);** Marlene Dodyk said a Needs Assessment was written the last 18 months stress was found to be the highest level of concern. She said all schools are looking at stress as a part of Health and Wellness.

**High School**

- Scott Parseghian said Meditation has been brought into the classes at the High School. Sessions will be held one time per quarter.
- A Stress Night was held in which 30 people were in attendance.
- A No Homework Weekend will be held over Thanksgiving Weekend.
- Scott said the feedback is that the workload is causing too much stress.
- Helen Rainoff is conducting the Meditation Classes at the High School.
- The transition from Middle School to High School has been identified as a cause of stress. Scott said a 9<sup>th</sup> Grade Seminar has been added to address this issue.
- Also, there has been a limit placed on the number of tests, projects, papers, etc. that can be due on the same day.
- It was pointed out that the Academic Center is a place where students can get extra help from teachers and National Honor Society members. It is important for students to learn where they can find help.

**Middle School**

- Amy Parker conducting mediation classes at the middle school.
- Comment made that the Middle School should help in the preparation of the 8<sup>th</sup> graders for High School.

**Metro West Adolescent Health Survey** –The survey is administered every two years. It is being administered on November 14<sup>th</sup> at the High School. A number of topics are included in

the survey including, personal safety, violence, dating violence, alcohol, drugs, depression, suicide, body image, etc. Initial results of the survey will be available in March 2015, and the final results will be out in May 2015. Parents have the option of having their children opt out of the survey. Only a couple parents have requested to see the survey questions.

**Signs of Suicide Program, Thursday, October 23<sup>rd</sup>:** A new program will be offered at the Middle School and High School for 7<sup>th</sup> and 10<sup>th</sup> grade students. An information night was held on October 23<sup>rd</sup> to talk about the program. Handouts have been placed on the Guidance web page.

Suggestions were talked about for future postings to inform the public. A suggestion was made to use the Police Electronic Bulletin Boards.

Malcolm Astley recommended a future Agenda item, “What’s happening to boys in our culture?” He commented on the recent school shootings and the demographics of the students involved. He noted that in many of the incidents it involved boys who were isolated, and who have had a rejection in some way. He said it’s time to address this issue.

**School Committee Summit – Share Feedback from Health & Wellness Subgroup:** Marlene Dodyk said the School Committee looked at the topics to decide what areas should be focused on. The initial choices were Self Regulation, Stress – lack of sleep, exercise, down time (over scheduling, being “on” electronically, unrealistic expectations), and Moral Development/Character Education.

A suggestion was made to take the broad topics, and incorporate them into sub-categories. There is currently a School Committee Subgroup working on identifying future priority areas for School Committee consideration.

**Wayland Cares – DFC Grant – Five Year Grant Received:** Marlene Dodyk updated the committee on this grant. Wayland was awarded a total of \$625,000.00, \$125,000.00 for each of 5 years. Wayland Cares now falls under the auspices of Wayland Youth and Family Services, although the Wayland Public Schools will service as the fiscal agent for the grant.

**Schedule 14-15 School Year Meetings:** The remaining meetings for the year will be held on January 14, 2015, March 11, 2015 and June 10, 2015. Suggested agenda items include (1) Follow-up on Promoting Health & Wellness Document; (2) Discussion on what’s happening to boys in our culture? All meetings will begin at 8:15 a.m., and they will be held at the High School in the Administrative Conference Room.

The meeting adjourned at 9:30 a.m.