

Wellness Meeting Summary

October 30, 2020

Attendance

Marni Aarlev, MS54 PTA Communications

Laura Adams, MS54 PTA Co-President

Julia Barney, 6th Grade Student; Member, Ms. Goldfarb's Community Service Club

Lauren Broadbent, 6th Grade Student; Member, Ms. Goldfarb's Community Service Club

Alison Gardy, Wellness Chair

Emma Lapidos, 6th Grade Student; Member, Ms. Goldfarb's Community Service Club

Naomi Redlener, 6th Grade Student; Member, Ms. Goldfarb's Community Service Club

Kim Watkins, 6th Grade Parent, CEC3 President

Agenda

For years, a Wellness Committee goal has been to attract students to Wellness Meetings. Ms. Goldfarb's 6th Grade Community Service Club was invited to debrief us about their first Community Service endeavor. Four 6th graders shared what they had done and what they learned in the process. This club unites both 100% remote and hybrid students in shared activities.

Ms. Goldfarb's 6th Grade Community Service Club Members

Julia Barney

Lauren Broadbent

Maya Cohen

Jayden Gu

Najely Hernand

Emma Lapidos

Harper Quill

Naomi Redlener

Community Service Club Project -- Give-Away Table

- Purpose of the Community Service Club -- Ms. Elizabeth Goldfarb had explained to Wellness Chair Alison Gardy that the purpose of the club is for students to figure out their own goals and processes. Ms. Goldfarb emphasizes the integrity and learning experience of their process rather than rapid results.
- The first project of the Community Service Club was to set up a table outside one of the member's homes and give away books and clothes to passers-by. Club members decorated the tables with lights and other decorations, and provided music, dancing and entertainment to passers-by. Any remaining donations went to the Salvation Army.
- Student Reflections
 - "When people come, you need to make them feel welcome."

- “It made me feel proud to help the community, especially when I’m young. My grandparents and parents do that.”
 - “I really feel good when I’m able to help someone in the community.”
 - “It’s easier to do things together.”
 - “The message from our group is that everyone can make a difference. Every one thing you do can lead to a lot of good.”
 - “Everyone in the club did something. We did it together.”
- Lessons Learned
 - We need to let people know about the event with more time before it happens. We had a flyer, but we sent it out the day before. It would be better to send it out a week before.

The Community Service Club members were thrilled to report to the Wellness Committee. Alison asked them to return to Wellness Meetings to report on their progress and activities. Wellness would also love to support the students in their endeavors.

After the students left the meeting, Marni, Laura, and Alison discussed the vision and purpose of the Wellness Committee.