

## **2/26/2021 Wellness Meeting Summary**

### **February 26, 2021 @ 7:30 AM**

#### **Attendance**

Laura Adams, PTA Co-President  
Alison Gardy, Wellness Chair  
Mitch Linnick, Parent  
Erica Williams, Student Coordinator

#### **Agenda**

- I. Discuss Preparations for Wellness Day on March 16
- II. Discuss Ways Wellness Can Support the 54 for 54 Campaign
- III. Assessing Students' Mental Health

#### **Summary**

##### Check-in

During our check-in, we each shared an experience that made us feel well, relaxed, and happy over the past month.

- I. Preparations for Wellness Day on March 16
  - A. Alison has sent out invitations to more than 30 presenters who have been consistently well-regarded Wellness Day presenters over the past five years, many of them MS54 parents, alumni parents, and friends, including a couple of new recruits who had signed up too late for Booker T. Day, and a couple of new presenters.
  - B. Laura suggested a Google survey to make it easy for MS54 community members to sign up and/or recommend someone.
  - C. We plan to publicize the survey on the MS54PTA Facebook page and Instagram.
  - D. Erica Williams reported that Dr. Elster plans to use bookings.net to survey students for their Wellness Day workshop preferences, similar to the preference survey for Booker T. Day.
  - E. A day before Wellness Day, presenters will receive Zoom links and be matched with teacher facilitators. Erica Williams will handle logistics.
  - F. Parents have been asking about what in-person students will be doing on Wellness Day. Could we go outside to the park?
  
- II. Discuss Ways Wellness Can Support the 54 for 54 Campaign
  - A. Homeroom teachers and phys ed/health teachers can ask students what they are doing for "54 for 54".

- B. We can have signage around the building, "54 for 54 is starting next week."
- C. Other communication mechanisms: Instagram, MS54PTA Facebook page, Jupiter mail, Friday e-newsletter.
- D. Invitations to accumulate 54 miles by joining Dr. Elster on the bike path
- E. Ask homeroom teachers who got a big group together for Turkey Trot to organize.
- F. It would be great for gym teachers to organize outdoor activities.

III. Assessing Students' Mental Health

- A. Laura thought it might be a good time to ask Ms. Mafdali if she would send her mental health assessment around again to students, since the last time they were surveyed was in October, only two weeks after the one-day-per-week return to school. Over the past five months, many students have created "silos in their bed."
- B. Can the Child Mind Institute provide speakers on mental health topics? And can we have sessions beyond Wellness Day for students over the rest of the course of the year? For Wellness Day, Alison has reached out to Child Mind Institute to connect with LCSW Michelle Kaplan via administrator Fernando Lopez. Laura is considering speakers for PTA meetings, and Alison will coordinate a request to CMI for presenters for both Wellness Day and PTA meetings.