Principal's Coffee
Wednesday, April 17, 2019
Topic: Wellness Across the Disciplines

Health	Physical Education & Athletics	Mental Health	Content Areas	School-Wide Programs
ROADD Program (Reduce Our Adolescent Distracted Driving) Computerized Baby Projects (parenting mandate) National Alliance for Mental Illness (NAMI) speaker Healthy Relationships from Hope's Door Daily body movement practices for the first 10 minutes of class	Dr. Delos, "Sports Specialization" Kevin Devaney, "Social Media' Jim Thompson in April: "Positive Coaching Alliance" Encourage no cell phones or lap tops in class - free of electronics and social media for 45 min PE Dept. held fitness and lifetime activity (pickleball) Fitness center open after school for students and staff.	Wellness Center Teaching mindfulness skills - weekly therapeutic groups Pushing into classrooms - Mindful Schools curriculum "The Well-Balanced Student" for Freshmen Wellness Works Committee for faculty Addition of HS Assistant Principal w/Clinical Skills	College Forensics w/SAS Counselor Drug posters in cafe Science 8 HS - Anti-Texting Posters Biology: Body Systems & Homeostasis Screen Addiction, Exercise, Nutrition, Teaching & Learning Strategies, Testing Stress and Anxiety, Drugs French Class Units Include: French mealtimes/culture Pros/cons of social media	PSAT Day - Freshmen & Sophomore "Social Media Presenter" (Rob Williams) "Wellness & Wellbeing" (Pellegrin-Bucci) "What is Plagiarism" (McCabe-Fleming) "Make It Stick Study Skills" (Silverman) "Mindful Eating"

		SADD club Monthly Prevention Awareness activities	Wellness of planet: Pollution, pesticides Identity issues, ethnicity, religion, gender Attention to student demands in other classes Hugs with Elmo in French Class	(Cafeteria) Speakers: “Sobriety Speaks” (Steven Hill) “Hang Up & Drive” (Jacy Good) “Vaping” Parent Presentation (Dr. Stumacher) Wellness & Medical Career Day (Phelps Hospital) Drunk Driving Simulator (Juniors and Seniors)