

School Community Council

May 4, 2017

Salem Junior High School

1. Wellness Report- Tiersa Ward
 - a. Student Wellness
 - i. Mental Health- Heart of Spartan, "You Matter", Bounce Back campaigns
 - ii. Basketball, Volleyball, kickball faculty v. student games
 - iii. No sugar drinks available to students at school
 - iv. More teachers trying to do healthier rewards
 - v. Participation in sports and athletics
 - vi. James gets students CPR certified
 - vii. Assembly on weight loss and addictions
 - viii. Prevention Dimension lessons- healthy lifestyles, preventing STD's
 - b. Employee Wellness
 - i. Biggest Loser Competition organized by Adam Roberts
 1. My Fitness Pal app was more widely used afterward
 - ii. Employees participate in Heart of a Spartan
 - iii. Faculty using fitness room more often
 - c. Improvement
 - i. More healthy or non-food rewards for students
 - ii. More movement in the classroom
 - iii. More healthy refreshments during faculty meetings
2. Program Improvement Project Report- Cameo Johnson
 - a. Bounce Back Resiliency
 - b. Goal was to get them up to 3 or 4 on the depth of knowledge scale on the topic of Resiliency
 - i. Goal was not quite reached however, students definitely improved
 1. Nearly every student improved in their knowledge of Bounce Back- knew things to do to help them have resiliency in their life
 - c. 13 Reasons Why Discussion
 - i. Talking Point available to parents to discuss with their students who have seen it