Focus Group: Wellness Council
Date: 4/9/14

SWOT

Strengths:
- Community Building Activities: Treats for Troops, Harriton DOS, Various collections
- Parent Involvement
- Diversity – Sense of Community
- Student Involvement
- Committed Well-educated Faculty
- Wellness Promotion – Students, Staff
- Transitions from middle school to high school
- Resources – human, financial, community
- Special Education
- Top Performance Science
- Great Teams
- Rigorous courses and course offerings
- Academic Recovery – really important
- ME
- Health Services involvement with special programs (attendance and involvement)
- Parent Support (attendance and involvement)
- Offers abundant curricular and extracurricular opportunities for personal development of student
- A.R. high schools
- Needs Assessment (Health)

Weaknesses:
- Funded for upgraded foods (better)
- Sleep
  1. Early high school start times – all kinds of problems for students (public health issue)
  2. Should be taught as part of the health curriculum
- Student Stress
  1. Mental Health Issues – ie., D&A, Eating disorders, anxiety, depression, etc.
- Need for collaboration among grade levels and among schools
- Inconsistency of enforcement of the Rules – breakfast table
- Too little physical movement could incorporate movement into instructional time would improve academic success of typical kids and kids with disabilities
- Lack of integration of physical movement in K-5 (comprehensive K-12 Health and PE program)
- Kids lack of interest in health class
- Not all kids come to school “ready” to learn
• Connection between student and guidance counselor – seems like it’s only for college recs (high school)
• Lack of continuity between schools
• Work experiences for students

Opportunities:
• Create innovative and consistent fundraising
• Flexibility in meeting the needs of all students, in terms of both schedule and start time
• Tapping into high ed. Facilities as resources
• Partnering with community groups
• Honor code
• Expansion of programs
  1. Nutrition
  2. Mental Health
  3. Stress
  4. PLC between high school and college
• Track advance in education – e.g. Khan Academy initiative – and integrate into curriculum
• Value physical and emotional health as important contributors to student achievement
• Financial stability
  1. Current technology available to students

Threats
• Complacency – assumption that because our reputation is one of excellence that our programs and resources actually meet that standard
• Fear of liability
• Reduced financial resources to schools
• Stressed out families and kids
• Limited staff
• Lack of space –
  1. cafeteria,
  2. kitchens
• Potential lawsuits
  1. Lack of HACCP rules
  2. Breakfast table
• Lack of involvement – membership
• Lack of time
Key Questions

1. What should school look like ten years from now?
   - B/M and online – global opportunity (3)
   - Manage stress – life skills (14)
   - Flexible schedule – time (8)
     Student schedule (schooling (Sept – June)
   - All students prepared to compete internationally in all disciplines (4)
   - Promote:
     1 – Creativity (4)
     2 – Adaptation (3)
     3 – Flexibility (3)
   - STEM (3)
   - Critical Thinking (15)

2. What should a Lower Merion School District graduate look like? What are the skills, attitudes, and dispositions that we want for all students?
   - Executive functioning skills
   - Confident (2)
   - Resourceful (5)
   - Good money management skills
   - Compassionate (6)
   - Respectful
   - Critical thinker (5)
   - Caring (1)
   - Responsible (9)
   - Resilient (10)
   - Independent (4)
   - Empathy (2)
   - Good work ethic
   - Caring for Community (2)
   - Healthy (2)
   - Good Time management skills (3)

3. What do we value as a District? How do we hold onto our traditions while simultaneously embracing change?
   - Serve others (7)
   - Education (11)
   - Good citizens (6)
   - Value holistic appreciation (4)
   - Value diversity (6)
   - Intergenerational consecutiveness (1)
   - Traditions
   - Nurture emotional and physical health (15)
   - Open exchange of ideas (2)
   - Willingness to change and grow (8)