

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)