



ANKENY
COMMUNITY SCHOOL DISTRICT



Orbis Leadership Team Sub-Committee: Mental Wellness
Sept. 14, 2020

In accordance with social distancing guidelines due to the pandemic, the Orbis Leadership Sub-Committee meeting was held virtually.

<https://us04web.zoom.us/j/74127682930?pwd=MS9IMINvYVVyZHIGZ0RKSk03bktkQT09>

Meeting ID: 741 2768 2930

Passcode: 0qX1Tj

Virtual Attendees: Amy Akers, Kathryn Cooper, Joel Fox, Janae Griffith, Emily James, Josh Lundahl, Dave Patterson, Amy Tagliarini, Nicole Wee, Jill Urich

[Power Point](#)

Agenda/Notes:

1. Welcome / Introductions
2. Purpose of our stakeholder team
3. Purpose for today: Conduct a SWOT analysis on our district priorities with a mental wellness lens.
4. Definition of Mental Wellness
 - a. According to the World Health Organization, mental wellness is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”
5. SWOT Analysis:
 - a. Small groups
 - i. [SWOT Analysis, Group 1](https://docs.google.com/document/d/1WT75SHzdZ4p9YeA9mvmn_B42_nmES4ng6x-FELpkSLqo/edit?usp=sharing)

- ii. [SWOT Analysis, Group 2](#)
 - b. Share with whole group
 - c. Next steps: The information you provide will be synthesized into one SWOT document and shared with our district office team, as well as included in our minutes.
6. Closing Remarks / Reflections
- a. Reflections from Zoom Chat (Statements starting with “T” refer to a takeaway to share with someone not a part of the committee; statements starting with “Q” refer to a question):
 - i. T: There is a lot of good happening because of the hybrid model.
<Behavior issues >Relationships
 - ii. T: continue to stress self-care, utilizing resources we have available
 - iii. Q: How can we support mental wellness for students and teachers that are not in the buildings? What are we doing as a system?
What can we do as individuals?
 - iv. T: continue to spread the importance of staying mentally healthy by utilizing resources to students, parents, co-workers,
 - v. T: Innovation is being encouraged and reanalyzing how we do our work is important. Positive changes will come from this work.
 - vi. T: Students/Staff/People always our focus.
 - vii. Q: How can we better support remote only students? what are next steps if they/their families does respond to email and phone communication
 - viii. Q: How do we support students academic and emotional well being for those students that are 100% remote
 - ix. T- Huge amount of growth and positives through the hybrid model.
 - x. Q- How will we connect with students even if they are not present through extra-curriculars? How do they get career resources?
 - xi. T: we have always put students first, focused on the student, BUT we have to pay attention to our staff, as well
 - xii. T: Smaller class sizes really have given students more attention - positive for mental wellness and academic need - it is powerful!

7. 2020-21 Meeting Dates

a. Full Committee:

- i. October 12, 4:15-5:30
- ii. Nov. 16, 2:00-3:15 (A Day in the Life)
- iii. Feb. 8, 4:15-5:30
- iv. April 12, 4:15-5:30

b. Mental Wellness Subcommittee:

- i. Sept. 14, 4:15-5:30
- ii. March 8, 4:15-5:30

c. Pre-apprenticeship Experiences Subcommittee

- i. Oct. 26, 4:15-5:30
- ii. Jan. 11, 4:15-5:30