


D10 Wellness Update



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Topics

- **SEL Task Force**
 - Happiness Advantage
 - Connectedness
- **#weareitasca10**
 - EBC Wellbeing Incentive Program
 - D10 Wellness Events and Celebrations
- **Additional Supports**
- **Timelines and Next Steps**

S.E.L Task Force

- Established Fall 2022
- 13 Staff Members Across all Three Schools
- Started with Answering the Following Questions
 - What is currently going well in regards to S.E.L in our buildings?
 - Your Why & Hopes
 - What does it take to lead SEL successfully?
 - How do great leaders ensure that students and staff feel respected, engaged and valued?
- Researching Other Districts and SEL Curriculums



S.E.L Task Force

- Connect Our Work to Dr. Doug Bolton
- Connectedness - The Power of Belonging
 - How can we create a stronger sense of belonging in your school/district?
- Happiness Advantage
 - When provided with frequent recognition and encouragement, adults performed 31% better at work.

#weareitasca10

- Established in the Fall of 2021
- 19 Members from Across All the District
 - Mission: Support and encourage all staff to be their best selves
 - Goal: Offer different levels of events that encourage overall staff wellness
- Partner with Employee Benefit Cooperative (EBC)
 - Offered Different Wellness Events (Orange Theory, January Bingo, Navigate Challenges, Biometric Screening, etc.)
 - Incentives



#weareitasca10 & SEL Task Force

- Monthly Events to Support Staff Celebrations and Connections
 - Orange Theory
 - “Soup”er Day & Biometric Wellness
 - Lucky Duck Challenge
 - Zumba
 - EBC Challenge
 - D10 Celebration



Additional Supports

- **Team Leader Professional Development**
 - Energy Bus
 - Professional Learning Communities
 - Teacher to Teacher Trust (Collaborative Practices)
- **Summer Learning Camp**
 - Connection & Collaboration
 - After Hours Planning - Collaboration
 - Field Learning Event for Staff



Next Steps

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- Continue to focus on staff connectedness
 - Celebrations
 - Relationship Building

SEL Task Force

- Finalize new SEL Curriculums
 - 3 remain in our research process
 - Implementation 2023-2024 School Year

Team Leader Support and Professional Learning



Thank you to these awesome people!

#weareitasca10

Ashley Darling
Amy Kusmierz
Brooke Krey
Dena Herbert
Danielle Rosales
Heather Buske
Heidi Weeks
Jason Taylor
Katie Benjamin
Karen Capone
Kelly Dolan
Kate McCann
Katie Petrucci
Kenzie Zaagman
Lisa DiNovo
Linda Wit
Philip Legan
Penny Palermo
Sarah Chervinko

SEL Task Force

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Milissa Riley
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Richard Bayram
Amy Reuter
Elizabeth Light
Courtney Pavlik
Vicki Farmer
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Social Investment

The most successful people invest in their friends, peers, and family members to propel themselves forward. This principle teaches us to invest more in one of the greatest predictors of success and excellence our social support network.

Happiness Advantage Principle

Thank You!