WELLNESS

1973  Psych. - Creation of the Department of Psychology (NOTE: an exceptional and additional award & grant FY74)

1974  Psych. - Creation of Sex Education Program under the department of psychology

1975  Human Biology and Physical Education trial course (First aid, sex ed., drug & alcohol ed., nutrition, PE etc.)

1976  Hiring of Dr. Robert Masland, Chief of the Adolescent Unit of the Children’s MC as consultant to Graham House
1976  Leadership program creation through counseling center

1978  Graham House program during Zanda Kubler-Merrill’s sabbatical
1978  Graham House - Funds to permit Mary Gendler to become acquainted with Graham House
1978  Lifeguard during free swim periods - winter term

1980  Lifeguard requests for community swims

1981  Coping library - a collection of materials designed to help students cope with various stresses/realities
1981  Freedom from chemical dependency

1982  Part time position to coordinate all activities on campus related to the promotion of physical, emotional, and spiritual health - attached to the Dean of Residence Office
1982  Associate Dean of Residence budget
1982  Health program - faculty to be taught to teach at cluster level
1982  Freedom from chemical dependency program

1983  Continued support for residential health education: student leadership, lectures and films, group training, workshops and counselor training (20% of the Associate Dean of Residence salary)

1984  Eating disorders conference
1984  Speaker on eating disorders

1985  Social - Graham House - Second year of Café

1986  Eating disorder training

1988  Dietician’s salary

AAF Grants/Wellness
1989  Foodfright production
1989  Nutrition education
1989  Human Issues Course
1989  Human Issues and Ethics Course

1990  Date Rape Prevention Program

1992  Three-day workshop on adolescent female psychology
1992  Request covers cost of facilitators and food for a workshop to build student leadership around healthy habits; 2 students and a faculty member representing each student cultural organization would attend
1992  Second year of a proposal to support the Andover Drug Alcohol Awareness Committee (ADAAC); request covers speaker’s fee for a slide talk by Dr. Jean Kilbourne
1992  Request to send 3 student members of the Andover Drug Alcohol Awareness Committee (ADAAC) to the Freedom from Chemical Dependency Conference; also covers purchase of supplies for making non-alcoholic mocktails at social functions. (NOTE:$3,000 has been requested for FY94 to bring Dr. Jean Kilbourne to speak)
1992  Request to cover costs of speakers and materials for a faculty/staff seminar on homosexuality and homophobia

1993  Support for salaries for four faculty members, consultant’s fees and supplies for a summer group to develop a coherent program of education in life skills
1993  Request covers cost of training and materials so that proposer can provide better nutrition counseling, especially as it relates to body image disorders

1994  An educational video lending library at Isham dealing with important health issues of adolescence
1994  “Life Issues” course for all Lowers

1995  Re submission of Nov. 1994 request to create a national symposium on the subject of academic and personal issues in the transition from secondary school to college.
1995  Proposal to explore and discover the contributing factors of the painful struggle for some of PA’s senior girls
1995  Funds to increase awareness of issues of body image, nutrition and exercise by the Physical Health Information Team (PHIT) through the purchase of books, signs, snacks after presentations, conference fees, organizational materials

2001  Request for funds to hire Dr. Wesley Perkins, Dr. David Craig and the Hobart William Smith Alcohol Education Project to work with us to construct and carry out a survey of our total student population on student risk taking behavior (substance use and sexual activity), and to consult with us as we use the survey results to review and revise our health education program
2001  Partial funds to create a social justice resource center on campus
2002 Funds for Amnesty International to be able to pay for postage of letters to leaders of countries around the world that are experiencing human rights injustice

2003 Funds to create a web site that would increase awareness, educate and develop communication within the PA community about pertinent environmental issues, local and global
2003 Funds to purchase electric fencing equipment for the fencing team

2004 Funds to bring two nationally known educators to speak to Uppers about issues surrounding sexual assault and to purchase educational materials that would aid in the revision of the in-house date rape prevention program
2004 Funds for Women’s Forum to hold the 2nd annual “Take Back the Night and to bring a professional female DJ for a student dance
2004 Funds to purchase anatomic models, updated videos on health topics, wall charts, pamphlets and other educational materials for Isham Health Center

2005 Funds to create a “cookbook” from the experiences and research of the PHIT team

2006 Funds to create a faculty sustainability coordinator who would direct and manage efforts to increase attention to environmental sustainability across the curriculum and to minimize campus resource use
2006 Funds to explore the technical, political, and financial feasibility of building a windmill on campus to contribute to sustainable energy production on campus
2006 Funds for a student survey and to bring an expert to an All School Meeting on how to beat the winter blues through a new project, Andover Warmth And Togetherness Can Help (WATCH)

2007 Funds to purchase instructional DVDs, mats, and healthy snacks for members of the Yoga Club
2007 Funds to hire a sustainable food consultant

2008 Funds for a student and faculty discussion group focused on the exploration of the concept of identity
2008 Funds to continue the sustainable-foods project through events
2008 To create an interfaith library in Cochran Chapel to promote spiritual health and interfaith awareness

2009 To enhance Wellness Week workshops by adding ballroom dancing instruction as an option
2009 Funds to bring John Ratey, M.D., who explores research-based results of exercise’s positive influence, to campus
2009 Funds for a wellness fair to promote employee health and wellness
2009 Purchase hammocks for student relaxation around campus
2009 Solid Waste and Recycling Task Force continues its work to improve the trash and recycling systems on campus
2009 To provide PA with a campus garden that would benefit both the school and local community
2009 To bring gay rights and HIV/AIDS activist Cleve Jones to campus to speak on his experiences in the 1970s and 1980s and apply them to 21st-century activism
2009 To bring environmental activist Annie Leonard to campus to speak on sustainability in our everyday lives
2009 To fund recreational downhill ski trips

2010 To fund start-up costs for the Alumni House Green Dorm Pilot, which will serve as a test laboratory for residential sustainability
2010 To walk “El Camino”, a 500-mile pilgrimage path across northern Spain to develop pilgrimage/retreat opportunities for PA alumni, students, faculty, and staff
2010 To create a student-run, campus resale shop called And-Over Again, to recycle and purchase gently used clothing and goods
2010 To invite guest speaker, Mr. David Hawk, a leading expert in the field of human rights particularly in Cambodia and North Korea to Andover

2011 To start a career interest club called Medicine Society that would educate students about health-related professions and spark interest
2011 To fund a one-year position of a Community Sustainability Intern
2011 To purchase equipment to initiate a school-wide badminton program to promote healthy leisure time activity
2011 To offer CPR/AED classes for students, faculty and staff
2011 Trial of a new website - “Andover Answers”, a forum-based question and answer site/personal advice

2012 Monday Meditation Practice

2013 Yoga Classes for the Andover Community
2013 Andover Global Health Initiative Conference & Speakers

2014 Phillips Academy Yoga Teacher Alliance
2014 EAT. Club’s Initiative to Decrease Food Waste on PA's Campus
2014 Hydration Stations to Replace 4 Water Fountains
2014 Health and Wellness Animated Videos for Community Education
2014 Light Box Therapy for Seasonal Affective Disorder
2014 Mental Health Speaker from “Active Minds”
2014 STAND Educational Speakers
2014 Andover Global Health Initiative Speaking Series

2015 New Phone App that Tackles Negativity and Exclusivity on Campus
2015 Empathy and Balance Curriculum Development Project
2015 Active Bystander Training at Phillips Academy
2015 “Wellness Education Student Outreach”
2015 “My Strong is Beautiful: Empower & Inspire Girls”
2015 Team Building for Boys Under Pressure
2015 Healthy Relationships - SLUT: The Play
2015 Dear Sam: Multimedia Student Health and Wellness Initiatives

2016 Emergency Response and Disaster Planning Workshop: Safeguard Collections and Cultural Property on Campus

2017 Stayin’ Alive with Resusci Anne

2018 New Gaga Ball Pit for WQS and WQN
2018 Convention for Sustainable & International Coffee
2019 La Lune: Menstrual Health and Education Initiative
2019 Therapy Dog Visitation Program
2019 Mental Health Awareness Advocates
2019 Smart Andover: A Sustainability Project
2019 Climate Camp
2019 Environmental Awareness Convention - The Thirst Project

2021 Providing Easily Accessible Finger Cots for Phillips Academy’s Student Body

2022 Stress Less Days

2023 Pop-up Relaxation Room
2023 Reduce Disordered Eating at Phillips Academy