

Oyster River Cooperative School District – District Wellness Committee Meeting Tuesday, June 8, 2021 - 3:30pm via Teams

Present: Kim W., Kim F., Todd A., Theresa P, Kim F., Doris D., Cindy D.

Meeting Called to Order at: 3:30pm by Kim Wolph.

Plan for Next Year: Todd noted that previously this committee was a bit aimless. The last couple of years we have organized better and were able to get things accomplished; we set up subgroups to make this happen:

- Nutrition
- PIG
- Employee Wellness
- Mental Health

SOS Plan: The SOS medical plan being offered to the staff for FREE is so much less expensive than the other plans offered that, for most staff members, we can afford to pay the whole cost of the plan and the first half of the deductible. This plan saves the District and the employees money.

Wellness Policy: Reminder that we need to review the Nutrition Policy every year and revise as needed. Principals need to include guidelines in their handbooks.

Health Fair: We agreed that we would hold a health fair and welcome back BBQ on opening day.

Committee Members: More than one community representative would be a good idea. We could ask community members of they know anyone that would be good. We also need a Board member. Doris asked Deborah Curran, parent in the District, to be a part of this committee, she said she would. Doris also recruited Erica Talbot.

Nutrition: Doris noted that the staff has been amazing. High School is still doing curbside pickup and kids are in school too. Everyone is doing a great job! Middle School was harder serving in two spaces and short staffed. The staff is mentally healthier when the kids are present in the buildings. Free lunch waiver program extended until June 30, 2022. All lunches are FREE for all kids. Some parents offered some of their kids' school lunch dollars for other kids that needed it. The more free lunches we give out, the better the District will be financially. Kids are actually eating more fruit and vegetables now that it's free. Todd say once we get our kids back to a normal routine, maybe they will be more apt to have breakfast. Will do pick up lunches all summer during REACH.

PIG - Policy Information Guidance Committee: This committee has not met this year. They completed 4 documents last year that met their charge. They are ready to bring them forward. The forms will need to be reviewed prior to sending them to the Administration for approval. Katherine will resend the folder to Kim W.

Mental Health Committee: Did not discuss.

Next Meetings: Beginning of the year meeting scheduled for September 7th 3:30pm, Live in the HS conference room.

Meeting Adjourned: ?

Minutes Respectfully Submitted by: Theresa Proia