

## **District Wellness Committee Meeting Minutes**

**Thursday, March 1, 2014, 3:30pm in the Conference Room at the SAU Office  
Last Meeting of the School Year**

**Present:** Theresa P., Carina D., Tracy S., JoAn S., Eileen M., Jesse M., and Carolyn E.

- 1. Positive Messages:** Theresa spoke about the District's "7 Simple Moves Challenge". The challenge was a huge success. The program evaluations have come back and they have all noted that the staff members definitely want to do another District-wide challenge next year. Tracy gave her wellness gift cards to those that participated in the challenge, but did not win a prize. JoAn mentioned that on the DC trip the staff and students walked an average of 5-6 miles per day and they did not hear one complaint.
  - 2. Healthy Relationship with Food Presentation:** Eileen advised the committee that the Healthy Relationship with Food engagement has been scheduled and advertised. She asked if the group thought the Middle School Library would be a sufficient space for the event. JoAn noted that the shelves can be moved if additional space is needed. There was discussion about extending the invitation to Newmarket SD, it was decided that there would not be enough space unless the event was moved to the Multi-Purpose Room or the Auditorium at the High School and neither of the spaces would create the climate that the Middle School Library would. It was decided that if there were certain parents that had an immediate need for the information, they would be welcome to attend.
  - 3. Anxiety Speaker:** It was noted that Jess Whalen has scheduled Lynn Lyons, MA, on September 30, 2014 to speak on the topic of anxiety. There was an idea mentioned that the YouTube video of Ms. Lyons might be placed on the website to initiate interest in attending.
  - 4. Earth Day at Moharimet:** Tracy told the group that they conducted a Snack Reduction experiment on Earth Day. They asked their students to bring in snacks that left very little or no trash after they were consumed. They had saved the snack trash from a regular snack day. They took the trash from both days and attached it to a poster board so that students could see just how much trash they created on the regular day compared to the amount of trash created on a day when they reduced the trash. The poster board also indicated how long certain types of trash took to decompose. It was a great visual for the children.
  - 5. Overall Wellness Including Mental Health:** Carolyn said that the Board would like to know what our Guidance Departments are doing for overall wellness for the students; including mental health wellness. They would like to know what programs each of the schools is using and how they are implemented. Carolyn mentioned that she is aware that Board presentations on Guidance have been in the past, but to keep in mind that the Board is ever changing and this Board has never seen a presentation. JoAn mentioned that they have had to cut back on the peer mentoring program due to the reduction of a guidance counselor at the Middle School. That spurred a discussion about the necessity for another guidance counselor.
- **Next Meeting:** TBD as this was the last Wellness Committee meeting of the 2013-2014 school year.

Minutes respectfully submitted by,

Theresa Proia