

# **District Wellness Committee - Meeting Minutes**

## **Monday, February 1, 2016, 3:30pm in the SAU Conference Room**

**Present:** Theresa P., Tracy S., Doris D., Tom N., Todd A., Eileen M., Katherine M., and Tracy S.

Meeting called to order at 3:30pm.

- **Wellness Coordinators:**

On January 11, 2016, HealthTrust offered an all-day workshop for new Health & Wellness Coordinators. Carrie Vaich filled in for Katherine Moore, Carina Dolcino filled in for Tracy Schroeder, and Eileen Moran attended as well. Theresa attended the Returning Coordinator's meeting on January 14. The District received \$2,000 (\$500 for each representative) to be used for Health and Wellness programs in our District. Theresa will allocate her \$500 to the High School. Theresa discussed the Live Health On-Line (doctor in your pocket) program that was unveiled at the workshop. It's a new service that is open to everyone not just those covered by our insurance. You basically contact a doctor using your smart phone or other device to obtain medical advice. The cost for the service is only the employee co-pay and if not covered by one of our plans, the co-pay is \$49. Theresa will send out the information to all-staff soon.

- **Staff Wellness Programs:**

MW-Katherine stated that MW staff members will be doing the 7-simple moves program for 10-weeks. She plans to use her \$500 from HealthTrust for \$25 gift card incentives (2 each week) and one \$50 gift card the last week.

MOH, MS and HS have not decided what programs they will be promoting.

- **End 68 Hours of Hunger:**

Katherine noted that we are now serving more than 24 students per month, not counting those that are served at the MS, Eileen will get us an accurate MS count. There was a fundraiser in January that yielded \$2,375 worth of donations. There will be four food drives to support the program, the first is in progress now at the high school. There are now four different "menus" for the bags so that the students get different food every week of the month.

- **Student Wellness and Mental Health:**

Todd spoke about the progress of the Student Wellness and Mental Health initiative. He noted that:

- There was a Board presentation was done
- They are creating a directory with local mental health providers
- They are working on a suicide prevention program based on a program called S.O.S.
- They need to get information out on the MS and HS webpage
- They are finding that the use of surveys is not going to be affected
- Broad screenings need to be implemented
- They plan to have a community resource for sharing information
- They are working on social/emotional learning "common language" and strategies
- Still looking at doing a parent learning night at one of the community dinners to discuss the resources they use for emotional, drug, and alcohol issues.

- **Sustainability:**

- January they hosted a movie night to show "Bag It" as a way to get the message out to reduce/reuse and recycle plastic. There were approximately 110 people that attended
- February they will show the "Just Eat It" video
- March will be the Gas lands – a documentary about the Northeast Pipeline
- Facilities has begun using electrically charged blue water for cleaning in all schools. The water is charged at a unit in the HS and delivered to the other schools in refillable cartridges, there are no chemicals and no other containers
- UNH student is helping to look at our ecological "footprint"
- We are seeking an Intern to help Doris with her "Farm to School" program
- The Sustainability group would like to be invited to the Wellness Committee meeting. Tracy will ask Corina for the email address to use for the invitation. She will send it to Theresa or Katherine.

Wellness minutes continued.

- **Student Interest in the Committee:**

Having a student representative on the committee was discussed. Eileen will let the committee know if she has any ideas about how to select the student or if she had any students in mind. Doris mentioned Mary Claire Attisano, she is a senior at ORHS and has been working with Doris. Doris will get her email address to Katherine or Theresa

- **Policy Assessments:**

It was discussed that the annual assessments still need to be completed. The forms will be sent to Eileen and Mark Milliken. All assessments are to be completed and brought to our next meeting.

- **Next Meeting Date:**

The next meeting date was set for the first **Monday, May 9, 2016, at 3:30pm in the SAU.**

- **Agenda Items:**

1. Make sure we received a completed 2015-2016 assessment forms for each school. Work on how to help if there are "gaps".
2. Figure out how to get Food Statements out to parents so that they do not bring in food to share, some ideas are:
  - Put in Student Handbooks
  - Ask teachers to put in their beginning of the year letter
  - Include food statements in their volunteer packet
  - Could this be done when they are fingerprinted, should this be one of the initial policies they receive
  - Teachers should sign off that they know the policy, Todd will check with the Principals
  - Add a statement on web page, Katherine will do this.

Minutes respectfully submitted by, Theresa Proia