

District Wellness Committee Meeting Minutes

Tuesday, March 4, 2014, 3:30pm in the Library at Moharimet

Present: Theresa P., Carina D., Tracy S., JoAn S., Eileen M., Brenda T and Jessica W.

- 1. Consistent Meeting Date:** The last two meetings of the year will be on Thursday, April 3rd, at 3:30pm in the Middle School Conference Room and Thursday, May 1st at 3:30pm at the High School (location TBD).
 - 2. Community Resource Guide:** Discussed creating the Resource Guide and putting it on the website.
 - 3. Eating Disorders:** Discussed the fact that eating disorders are more prevalent and at earlier ages. Also on May 21, 2014, Eileen Moran is putting together a community night and inviting two guest speakers from Boston to speak on the topics of promoting healthy body image and healthy eating. The group discussed way to reach out to the community to promote this event.
 - 4. Healthy Schools Celebration:** Carolyn wanted to know if we should list the Healthy Schools Celebration information on the website. A couple of the group members noted that the information is included in the Wellness Policy that is already on the website.
 - 5. End 68 Hours of Hunger Details:** The group wanted to know if Carolyn had reviewed the draft community letter and sent it out. I will discuss with Carolyn. Also discussed the food list that the nurses would like to see on the list of approved foods. I noted that things should be easy for the children to eat or prepare for themselves in case their parents are not with them. They noted that the issue is not that the parents in the district are absent, it is just that they have fallen on hard times. So the parents can cook the more nutritious food, instead of sending home foods that are less nutritious. In light of this, we need to get people to donate the foods we want. I will discuss with Carolyn.
 - 6. Discussed the Fitness That Works Challenge:** I explained to the group that this program has received a lot of interest. We were expecting 70 participants, we actually have 177 people competing, in 20 groups. I noted that the money for the prizes and books came from unused FSA money returned to the district in the last couple of years. It was decided that this money would be used for district wellness so that we could give back to our employees in a healthy way.
 - 7. Mindfulness Based Stress Reduction:** Carina is going to offer the MBSR course. It would be an 8-week course, 2-hours per week, the cost would be \$200. Carina would like to know if the district would approve professionals using a portion of their \$300 for professional development for this course. Those that have HealthTrust could receive \$100 from Slice of Life.
- **Next Meeting:** April 3, 2014 at 3:30pm in the conference room at the Middle School.

Minutes respectfully submitted by,

Theresa Proia