

**Oyster River Cooperative School District**  
**Wellness Committee Meeting**  
**Monday, October 2, 2017 - 3:30pm in the SAU office Conference Room**

**Present:** Jesse Morrell, Kim Wolph, Tracy Schroeder, Theresa Proia, Todd Allen, Doris Demers, Eileen Moran and Katherine Moore.

**Meeting Called to Order at:** 3:30pm

**Sleep Survey:** Jesse discussed the sleep survey results. She explained to the committee that the survey was administered in May of this year and we expect to administer it again in May of 2018 to compare the results. It is expected that this survey will be administered for a few years to continue to monitor the responses. Jesse explained that the data can be sorted in various ways depending on the information we want to compare; grade level, gender, etc. It was noted that we need to give the high school and middle school ample notice as to the date scheduled for the 2018 sleep survey so that they can effectively incorporate it into their schedule. We will meet in March of 2018 to make sure we are ready for the survey in May. We will plan to report the findings to the Board at the October 2018 meeting.

**Mental Health Committee:** Heather explained that Ryan Long will chair the Mental Health committee. The Board asked that the Mental Health committee keep them apprised of the work they are doing and to engage the community. The middle school and high school are both working on an Advisory Program for Social Emotional Learning (SEL). The high school is trying an integrated approach to wellness. Faculty wellness is one of their key focuses at this point.

**Direction of this Committee:** It seems that this committee is primarily focused on student health, and not very focused on staff health. Katherine noted that Federal Law mandates that we have a Wellness plan for student health, that was the initial charge of this committee. Now that we have the wellness policy in place, we need to begin to incorporate staff wellness too. Should we revise our policy to add a more comprehensive section for staff wellness? Should we review other school's policies to get ideas on how to broaden our policy? Todd questioned if we should also add something about trauma sensitive schools.

**Staff Wellness Events:** Heather and Theresa shared the "Community Building" program that the high school launched this month. Every staff member was placed on a team and given a T-shirt. The staff members earn points for their team each time they spend social time with at least one other team member and one person from another team. This was created by Don Maynard to see if they can create a more cohesive community at the high school. The Wellness Fair was also discussed. This year we did the health fair on the first day of school. The committee members also discussed how they liked the Wellness Fair on the first day back at school and noted that there were several positive comments heard from other staff members too.

**Chair Assignment:** Katherine Moore is ready to hand off the duties of Chair of this committee to someone else. Tracy Schroeder said that she would chair the committee for one year. Kim Wolph said that she would commit to taking over as Chair beginning the 2018-2019 school year.

**Meeting Schedule:** Monday's at 3:30pm in the SAU Conference Room.

December 4, 2017

March 12, 2018

May 7, 2018

**Meeting Adjourned:** 4:30pm

**Minutes Respectfully Submitted by:** Theresa Proia