

Oyster River Cooperative School District - Wellness Committee Meeting
Tuesday, November 13, 2018 - 3:45pm in the SAU office Conference Room

Present: Jesse Morrell, Theresa Proia, Doris Demers, Eileen Moran, Heather Machanoff, Todd Allen, Al Howland, Emma Hewson, Sue Jackson, Cindy Douglass, Jessica Whalen, Holly Pirtle, Kim Wolph, Serena Kow and Katherine Moore.

Meeting Called to Order at: 3:45pm

Cost Containment Committee: Todd advised this group that the Cost Containment Committee had our first meeting on October 11, 2018, and that Sue C., Theresa P. and he will be attending the Merrimack School District's CCC on December 5th to get an idea how that focus their meeting. Our next CCC meeting will be held on December 6, 2018.

Youth Risk Behavior Study: Holly P, from the MS discussed the results from the Spring of 2017 YRBS, indicating the results are positive across the board and that our numbers tend to be lower than both the county and State. Better dental health was noted, as was a decline in soda drinking. However, on the negative side, 40% of the kids do not feel they matter to the community; this is a very general area, so not sure what this means overall. There was more bullying noted and more thoughts of suicide. There was more use of TV and screen time and less breakfast being eaten. Results also indicated they need more classroom activities, and that students still need more sleep. Other concerns, more toward the HS age are student vaping, alcohol use, and texting while driving. Todd suggested that the MS and the HS discuss the results together. Jesse will review the sleep portion of the YRBS. Todd also suggested that the sleep study and the YRBS results be compared. Moving forward, Holly will share her YRBS summary with Todd and he will share it with the HS Staff. Holly and Sue Jackson will share the MS results with the MS Administrators.

Mental Health Update:

- **Community Mental Health Forum:** Heather noted that the Forum will be held on November 29, 2018 from 5-6:30pm at the high school. The National Alliance on Mental Illness (NAMI) will be present, along with other community agencies. The counseling department has also organized several programs that will be conducted throughout the school day for student participation and awareness.
- **CONNECT Training:** The counseling department has just concluded the CONNECT suicide prevention training at Moharimet. As of now, broadly speaking, all staff members have been trained on this program. Heather noted that this is a year and half ahead of schedule.
- **Fall Drama:** Heather stated that the fall drama performance this year will be the Street Car Named Desire. Because of the content of this play, the counseling department has arranged for various community services to be present for student questions and support should they be needed.
- **Board Presentations:** The counseling department will be making two Board presentations; one outlining their 5-year strategic plan and the other outlining the SHAPE program. Todd noted that at the October 24th Board meeting, the counseling department presented a comprehensive/coherent presentation outlining the K-12 mental health program.

Policy Review: The wellness policy has been reviewed, not shortened; however, some of the language was revised where needed. Changes reflected were start time, food portions, titles of nutrition workers, PE credits to indicate broad range of activities and not specific number of credits. It was also added that the policy be reviewed no less than every 3 years. It was suggested that there be some staff and family education. It was also suggested that because of the excessive length of this policy, the policy be "boiled down" and the basics be presented to each of the schools. Maybe it would make a difference to parents and staff members if they understood that funding for Child Nutrition is contingent on the compliance with this wellness policy. Jesse suggested that a weekly reminder of each section of the policy be sent out to parents and staff members. Katherine has done this in her newsletters. She will share her articles with the committee so that others may use them if they wish. The sub-group will look at the policy one more time prior to sharing it with the Board Policy Committee for review. Once approved by the Board, the links in the online policy will need to be updated so that they work.

Other District Policies: Katherine noted that other District policies should also be consistent with the Wellness Policy. She has gathered the policies related to wellness. She questions if there be some relation between them.

Local Milk: Doris is working with a nearby dairy to arrange having local milk in our cafeterias beginning in the new year.

Next Meeting Date: Monday, February 4, 2019 at 3:45pm.

Meeting Adjourned: 4:30pm

Minutes Respectfully Submitted by: Theresa Proia