

Oyster River Cooperative School District - Wellness Committee Meeting
Monday, February 4, 2019 - 3:45pm in the SAU office Conference Room

Present: Jesse Morrell, Theresa Proia, Eileen Moran, Todd Allen, Jessica Whalen, Holly Pirtle, Kim Wolph, and Katherine Moore.

Meeting Called to Order at: 3:45pm

Youth Risk Behavior Study: In response to the YRBS, Holly P. from ORMS, has scheduled the folks from Breath NH to do a presentation for the 8th graders called Vaping Unveiled. This presentation will happen on March 7, 2019. The Catch My Breath program is being used at the HS level.

Bullying: Haven, formerly SASS, is at ORMS today doing a bullying awareness program for students grades 5-8. There was also a program offered for staff members call Aggression Reduction; this program was attended by the counselors and some paras.

Wellness Policy: The wellness policy has been revised and is ready to go to the Policy Review Committee (PRC). The next PRC meeting will be held in March; the date has yet to be determined. The committee will continue to work on guidelines for easy education and how to use the weekly updates as a means to educate.

Other Topics:

- **Suicide/Mental Health Training:** The State may soon be mandating suicide prevention and mental health training.
- **Open Circle:** The District will decide by the end of March if it will adopt "Open Circle" or create our own program.
- **Sleep Survey:** The sleep survey at the MS and HS will need to be scheduled soon. Last year we conducted the survey 2 weeks after April break, as the survey asks the students to look back over a 2-week period. It was mentioned that the best way to ensure the survey is well utilized would be to have the students take the survey during their advisory period.
- **Student Representation:** The need for student representation on the Wellness Committee was discussed. Jesse noted it might be a good idea to have a few reps, so that if one cannot make it there would be a backup.
- **Breakfast Items:** It was noted that students do not always make the best breakfast choices, especially at the Elementary level. The choices do meet the guidelines; however, most is processed and not very good for the students. Could there be a better way to offer students more nutritionally sound options?
Also noted was the amount of processed foods located at the register. It was mentioned how some companies, like cereal companies for instance, will reformulate their product so they meet the standards for schools; however, the same product in the grocery store is very different and would not meet our guidelines. So the kids eat them here, and then by them at the grocery store, where they are not as good for them. Should we be offering these types of "bait and switch" products here?
- **Nutrition Ed at the MS:** With the loss of the Family Consumer Science program at ORMS, the committee is looking for ways to implement nutritional education for the MS students.

Next Meeting Date: Tuesday, April 30, 2019 at 3:45pm.

Meeting Adjourned: 4:40pm

Minutes Respectfully Submitted by: Theresa Proia