

District Wellness Committee - Meeting Minutes

Wednesday, March 4, 2015, 3:45pm in the Library at the High School

Present: Carolyn, Theresa, Barbara P., Holly P., Brenda T., Katherine M., Tracy s., Maria B., Eileen M., Doris D., and Renee Vannata from End 68 Hours of Hunger.

1. Individual Updates:

- **Financial Fitness:** Theresa discussed the Financial Fitness Program that she rolled out on March 2nd. The program has 55 participants. Theresa also notified the group that she is trying to bring in a personal trainer to do an 8-week, 16 visit program with staff member; more to come on this one.
 - **MS - Weigh to Wellness:** Eileen presented a Weigh to Wellness 8 week, 8 visit program presented by Exeter Hospital. She would like to offer this to staff members. The group was in agreement that the program looked great, so Eileen will do some more research on it.
 - **MOH - Eat a Rainbow and Parent/Child Cooking Classes:** Tracy noted that Moharimet did the Eat a Rainbow program that entices children to eat more colorful foods. She said it has been a great success. She also mentioned that talks are in the works to provide an after school fitness for students. This is just in the talk about phase at this point. Tracy noted how necessary exercise is for students in regard to their classroom behavior. Doris also noted that Michael, the Kitchen Manager is conducting Parent/Child cooking classes and they are very popular.
 - **MW - Bake for Good, Parent/Child Cooking Classes and Healthy Alternatives:** Katherine Moore shared with the group that Jessica the Kitchen Manager at Mast Way is still conducting the Parent/Child cooking classes and they have been a great success. Mast Way also just completed the Bake for Good program through King Arthur Flour. The folks from King Arthur Flour came to the school, brought all of the ingredients and did a demonstration how to make bread; showing the children the proper way to knead the dough, etc. The students made 2 loaves of bread each, one to take home and the other to donate; some are being donated to the End 68 Hours of Hunger program here in Oyster River. Mast Way is also doing a Healthy Alternatives Program where staff members bring in health food choices that they like, to share with other staff members. This helps all staff members broaden their healthy food choices.
 - **Food Service - UNH Intern and Community Dinner:** noted that we will have a UNH student working with the nutrition program that will be doing taste testing and working in the gardens in the District. Doris also wanted to note that the **next community dinner is March 12, 2015.**
2. **Youth Risk Survey:** Hollie mentioned that the middle school students will be taking the Youth Risk Survey. Hollie asked if any of the committee members would be interested in reviewing the results, as she would like other people's help in aligning the curriculum. Maria agreed that we need to incorporate drug awareness into the schools. Renee Vannata noted that ORCSD Community Drug Awareness and Prevention is a Facebook group aimed at bringing awareness and prevention to the District.
3. **Food Guidelines:** Eileen reviewed the Food Guideline from the wellness policy. It seems that the elementary program is easy to implement, middle school is a little more difficult, and high school is definitely harder. Implementation needs to start with the leadership. Carolyn will bring up the leadership buying in at the next meeting.
4. **Policy:** We need to send the Wellness Policy to the Policy Committee and ask that they change the word "discourage" to "prohibit" in the section that addresses food for reward.
5. **Assessments:** During the last meeting, the individuals of this group were asked to complete the State's assessment of the Wellness Policy. Carolyn will review the assessments and report back to the group.
6. **Renee Vannata:** End 68 Hours of Hunger representative. Renee is the Chair of the End 68 Hours of Hunger committee. She explained that this School Board committee was formed January 2014, for the purpose of ensuring students had food to eat from lunch on Friday, until breakfast on Monday morning, those 68 hours away from school. She explained to the group that this program is kept whole by donations received. She also noted that the committee is very active in the community using various methods of fund raising ideas. She was seeking from the Wellness Committee any new ideas or suggestions for promotion and fund raising for the program.
- **Next Meeting:** Wednesday, April 8, 2015 at 3:45pm in the High School Library.

Minutes respectfully submitted by, Theresa Proia