

Oyster River Cooperative School District - Wellness Committee Meeting
Tuesday, April 30, 2019 - 3:45pm in the SAU office Conference Room

Present: Jesse M., Theresa P., Eileen M., Todd A., Jessica W., Holly P., Kim W., and Katherine M.

Meeting Called to Order at: 3:45pm

Student Representatives: The High School has selected two student reps for the 2019-2020 school year; Holly Reid and Ella Gianino, both students will be juniors.

Bobcat Wellness Survey: Jesse said the survey is ready and that we only need to change the date. If we decided to add questions, we should add them to the end so that the responses would not skew the comparisons. This is the third year we have done the survey, she suggests we do it the week of May 13th.

Mental Health: The committee reviewed the "Writing on the Wall" newsletter/flier that the high school has posted in areas around the school, including bathroom stalls. The flier educates students and staff members about how to recognize mental health issues, start the conversation about mental health and how to offer support. It also showcases Wear Green Day on May 23rd, in support of mental health awareness. Holly indicated she would like to use this flier at the middle school level as well. She also thought it might be a good idea to get wrist bands for middle school students for mental health awareness day. Dr. Long took a group of students to a mental health program in Concord. Thirty staff and students were involved in a "Train the Trainer" program in suicide prevention.

Policy: The District's Wellness Policy was reviewed by our attorney. It was recommended that we use less detail in the actual policy and more detail in the procedure. The idea is that the policy is so long that people will not connect to it. Streamlining the policy will allow those utilizing it the opportunity to find the area they are looking for easily and seek out the details in the procedures. The committee will review the changes made. June 12, 2019, the District Policy Committee will review the changes.

Employee Wellness Committee Happenings:

- We discussed the creation of posters to be displayed in the buildings that would promote the cost savings and incentives paid when using Smart Shopper and other cost-saving resources.
- The wellness theme through HealthTrust in April was Laughter. Theresa sent work-appropriate jokes out to all-staff members via email every day in the month of April. There was a lot of positive feedback for the morning laughter.
- School-based staff wellness committees are beginning to form. The school-based committees are imperative to the overall success of the District Wellness program.
- Mast Way is doing a Wellness Day on May 24, 2019. They will be having a luncheon and Ashley will be attending to help with wellness education.

Employee/Student Wellness? That is the question: Jess Whalen asked if the wellness initiatives should be focused on the staff wellness or the student wellness. Technically this is a staff wellness committee; however, finding a balance between the staff and student wellness is important.

K-8 Health Curriculum: Jess noted that a group of staff members started working on the K-8 health curriculum last summer (2018) and met again during the March Teacher Workshop day. The group added competencies and reworded the curriculum with "I can" statements.

Wellness Policy Assignment: Jesse M, spoke about giving her UNH students an assignment to review their former schools' wellness policies. She is now reviewing 65 school wellness policies. She said comparatively speaking, our wellness policy ROCKS!

Enforcing Wellness Policy: Holly noted that students are bringing Mt. Dew and energy drinks to school. The policy does not disallow what students bring from home. Holly does not allow them in her class and would like support in the way of the school handbook. We cannot make rules we cannot enforce. Where do we draw the line? We need to define "snacks" and make sure the student handbook is in line with our Wellness Policy.

Administrators Awareness: Todd will bring the final policy to the admin retreat to ensure that the administrators are aware of the content of the policy.

Meeting Adjourned: 3:50pm

Next Meeting Date: Tuesday, June 4, 2019 at 3:45pm.

Minutes Respectfully Submitted by: Theresa Proia