

District Wellness Committee  
Meeting Minutes  
Monday, October 2, 2017

**Meeting commenced 3:30pm**

**Mission** – Our purpose is to assess the nutritional and physical activity environment throughout the district and make recommendations to the School Board for a comprehensive wellness program.

**Vision** – Increase the physical and mental well-being of the students and staff of the Merrimack school district.

**Introductions**

Motion to approve previous meeting minutes made by C. Cibotti, seconded by S. Clough. Eight voted in favor, five abstained.

**Food Services update:** Dave Dziki

- Sent updated district wellness policy to the state.
- Sent state updated minutes of our meetings.
- Provisions to reduce sodium levels was put on hold nationally.
- As per new requirements, we will need to post minutes:
  - Be transparent to community by posting minutes on district website.
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**Upcoming events:**

- Reeds Ferry Elementary School
  - Harvest 3K
  - Fall Fest October 19<sup>th</sup>.
  - Healthy Selfie over the summer – staff rewards from Healthcare Cost Containment Committee.
  - Winter Wellness week before February Vacation.
  - School Wellness team.
- TF-
  - Harvest 3K
  - Girls on the Run Fall, 15 girls
  - Monday Morning Movers- SLP
    - School Wellness team- maintain a mindful focus, paint night, escape room, bowling, and snowshoeing.
  - Drums Alive through district wellness.
- MES-
  - Harvest 3K.
  - Walking Wednesdays
  - Fitness Fridays.
  - “Girls on the Run Fall” for the first time.
  - Staff- step challenge, bowling, mini golf, and craft activities.

- MUES-
  - Staff football.
  - Harvest 3K.
  - Family Fun Night October 20.
  - Jogging Jaguars every Monday.
  - “Girls on the Run / Heart and Sole” in the spring.
  - Fitbit Fitness challenge with staff? Individual schools, district?
  - Healthcare Cost Containment Committee Monthly email.
  - International Walk to School Day, October 4.
- MMS-
  - Harvest 3k.
  - Sports & Intramurals.
  - Pantene Hair Event in spring
  - Advisory is new for Middle School. Twice a week for 20 minutes- focus is on making connections, not necessarily based on only academics. Some students are using it to go for walks as a group or have discussions, with different themes each month. Positive feedback has been received from staff and students.
- MHS-
  - Harvest 3K.
  - Homerooms- vary from group to group. Some compete in the challenges such as quote of the day, themes for the month, fundraisers, and door decorating.
    - Same group of kids for 4 years with same teacher.
  - HS Wellness team
  - Advanced Health class is trying to put together a Lyme disease speaker, Heather Ruhm, MD.
    - Under Our Skin- Documentary on Lyme disease.
    - Question and Answer session will follow.
  - Hoping Student Reps will use word of mouth to promote intramurals- maybe by grade level?
  - How to better connect with students about activities, technology, Facebook, PowerSchool
    - Talk with class presidents to help with communication.

#### **Old business:**

- Guest Speaker – Lyme Disease - Dr. Greenspan (possibly Susan McNamee)
  - Superintendent Chiafery would like to have a diverse panel of experts to speak on this topic
  - TF Principal Bellemare will touch base with Superintendent about her thoughts on subject.
  - November/December intended roll-out.
- District calendar update – pending events, suggested website links.
- Discuss creation of wellness newsletter – review “Kid’s Quest” newsletter
  - Tap into student leadership at the high school level.
  - Student Councils at lower levels.
  - Have high school students come visit the elementary schools to do interviews.
  - Personal perspective would be better received.
  - Sarah Clough and student rep Derek Butler are going to touch base with Newspaper editor, The Hawk.
  - Principal Bellemare will speak to Leadership team.

- Healthcare Cost Containment Committee funds – new ideas?
  - Maybe a district challenge tied to activity with \$1000, \$2000 winners determined through raffle?

#### **New business:**

- New Wellness Policy ramifications;
  - Posting minutes.
  - Presenting to school board annually.
  - Every Tri-Annual update.
- Staff Wellness room, maybe one in each school (office space);
  - Focus on different themes for each month?
  - Courtyard for different months?
- For future meetings- Mental Wellness committee will be on agenda.
- Healthcare Cost Containment Committee - Ashley Brigham from HealthTrust available to provide informative sessions in all of the buildings. Sessions should be coordinated with HCCCC representatives.
- Communication Protocols
  - Power School
  - Social Media
    - Derek, as a student rep, discussed that stress is a huge health concern for fellow students.
      - Might we reach these students through the “Hawk”?

Meeting Adjourned 5:00pm, motion made by B. Torres, seconded by D. Dziki. Unanimously approved.

Next meeting – Monday, December 11, 2017

Quote of the quarter; “It gets late early out there.”  
-Yogi Berra

#### **Attendance:**

Kelly Grassini, Cathy Cibotti, Derek Butler, Jamie Landry, Taylor Landry, Coleen Landry, Maggie Croteau, Sarah Clough, Lu Miller, Brenda Torres, Shawn Croteau, Bridey Bellemare, Dave Dziki, Jenn Saucier, Rick Greenier