

District Wellness Committee Meeting Minutes

Monday December 11, 2017

Submitted by Cathy Cibotti

1. October Minutes—Cathy C. asked about defining the abbreviations in the minutes before posting them so that the public understands what everything means i.e. GOTR is Girls on the Run

Cathy C. made a motion to accept the amended minutes (date change) October 2, 2017 minutes

Lu M. seconded

4 in favor, 0 opposed, 1 abstention

2. School Wellness Updates

- RFS—recently had a morning social for staff—hot drinks (i.e. coffee, tea, hot chocolate), juice, cider, water, and cookies; hosting a staff bowling event in January; and a Winter Wellness week in February
- MES—Girls on the Run, Staff step challenge.
- TFS—Girls on the Run, Monday Morning Movers.
- JMUES—Staff bowling event, intramurals, basketball, volleyball, Jogging Jaguars.
- MMS—intramurals, Pantene challenge, advisory meetings (teamwork, mental health, etc.)
- MHS —homeroom activities, Healthy Holiday Season, intramurals—trying to promote more in the spring, Lyme Evening—about 30 people attended

3. Lyme Disease Night—Approximately 30 attendees including former students, and older community members as well. Q & A lasted until 10:00! The event was organized by committee member Sara C.
4. Rick G. asked about adding a suggested readings section to the website, could be a way to educate people.

Andy S. reminded us to be careful about how we position it, there is value, but suggested it must be done carefully.

Rick G. will talk to Leadership and the Communication Committee about the idea.

5. Wellness newsletter—idea of involving MHS newspaper.
 - Possibly include people from all schools, need to figure out how to implement it.
 - The idea of sending out a monthly newsletter with a theme each month.
 - Possibly include suggested readings and activities, could include mental health topics.
6. Health Care Cost Containment Committee Funds Ideas
 - High school used money to buy recreational games, cookbooks, yoga mats, etc. and had a raffle, had many winners.
 - JMUES did sunscreen and knapsacks, each staff member received one.
 - RFS did a Healthy Selfie raffle and food after school.
 - MHS—someone sent out ideas to work on nutrition, stress, exercise, and they can win a gift card.
7. General discussion of what to do with funds if we pooled them all together. (guest speaker etc.)
8. Rick G. will invite District to staff bowling on Dec. 15 from 4:00-6:00pm at Merrimack 10 Pin.
9. Rick G. is working on inviting a member of the Mental Health committee to join this committee.
10. Second annual District Wellness Fair is Jan 18 from 2:00-5:00pm.
11. Next meeting—Jan 29, 2018 (later changed to Feb. 12)
12. Rick G. made the motion to adjourn, seconded by Kelly G.

Attendance: Rick Greenier, Lu Miller, Cathy Cibotti, Brenda Torres, Andy Schneider, Kelly Grassini, Sarah Clough, Shawn Croteau

Meeting adjourned at 4:23pm