

District Wellness Committee
Meeting Minutes
Monday, December 3, 2018

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.

Monday, October 1, 2018 minutes approved- M. Croteau made a motion to accept, seconded by L. Miller.

Departmental/Building Updates:

1. Food Services – Dave Dziki:
 - Review in March.
 - How is the policy progressing?
 - Triannual assessment upcoming 2020.
 - Transparency for parents.

2. RFS-Wellness Week (Feb.), Healthy snacks for staff, Kids Zumba.

3. TFS- GOTR, TIC Trauma Informed Classroom for a small group of staff members.

4. MES- GOTR, Walking Wednesdays, weekly theme in the school,

5. MUES-Jogging Jaguars, GOTR, Intramurals, Relay for Life team, “Compass”.

6. MS- Advisory one day a week, intramurals, student driven clubs (sewing and rock climbing), Hair donation event in the spring.

7. HS- homeroom activities, Healthy Habits club headed by Pam Foster, Intramurals.

New Business:

1. Mental Health
 - Partnership with Mental Health Committee- promote awareness

2. HCCC
 - Wellness Fair 1/24/19

Old Business:

1. District Wellness website updates

2. HCCCC funds- new recommendations for funds?

M. Croteau made a motion to adjourn at 4:32. R. Greenier seconded it.

Attendance; Rick Greenier, Maggie Croteau, Dave Dziki, Lu Miller