

District Wellness Committee
Meeting Minutes
Monday, October 1, 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, April 9, 2018 minutes approved- J. Saucier made a motion to accept, seconded by B. Torres.

New Business:

1. Mental Health

- Partnership with Mental Health Committee- Julie DeLuca
 - Building a system of care in the school
 - What are we teaching children?
 - How are we caring for ourselves?
 - What does that mean for students?
 - Mental Health does not equal Mental Illness.
- Stress and Toxic stress.
- How do we build a framework for social and emotional learning?
- How do we build on our self-care?
- Engage everyone in the conversation when talking about wellness and mental health.
- Parent outreach, Lynn Lions- anxiety for kids.
- Safeguard A-OK (Ask for help, Offer help, Kee it going).
- Creating a culture for people to go to and ask for help for students and staff.
- Sarah H., a student, interviewed the community and created a video.

2. System of Care for staff-

- We must take care of ourselves before we can help students
- Bringing in outside help, beyond HealthTrust
- Our bodies tell our stories and keep score
- School Board is very supportive and would be willing to help
- Rick is going to get the data out from the HealthTrust survey and bring to the committee
- Triangle Balance- Health Class pre assessment for committee members to do prior
- Mental Health Committee has speakers and workshops already lined up

- Screenagers Level 2
- Stress in Families

Departmental/Building Updates:

1. Food Services – Dave Dziki:
 - Review in March.
 - How is the policy progressing?
 - Future goal?
 - Triannual assessment upcoming 2020.
 - Transparency for parents.
 - Save to address at a 2019 meeting.
2. TFS- GOTR, TIC Trauma Informed Classroom for a small group of staff members, joyfullyyoganh@gmail.com possibly offering yoga for staff after school.
3. MES- GOTR, Walking Wednesdays, Empathy for PBIS theme, weekly theme in the school, surveyed staff about what to offer.
4. MUES-Jogging Jaguars, GOTR, Intramurals, Harvest 3k w/food drive.
5. MS- Advisory one day a week, intramurals, student driven clubs (sewing and rock climbing), Pantene event in the spring.
6. HS- homeroom activities, Healthy Habits club headed by Pam Foster.

Old Business:

1. Mental Health parent communication website- can we add links and readings?
Julie is going to send the link when it's ready to be rolled out publicly
2. HCCCC funds- new recommendations for funds?

B Torres made a motion to adjourn at 4:52. M Croteau seconded it.

Attendance; Andy Schneider, Rick Greenier, Bridey Bellemare, Julie Deluca, Jen Saucier, Brenda Torres, Sarah Clough, Maggie Croteau, Dave Dziki