

District Wellness Committee

Meeting Minutes

February 12, 2018

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 meeting minutes from Dec. 11, 2017 made by C. Cibotti, seconded by K. Grassini. Six voted in favor, none against.

Food Services Update: Dave Dziki (absent)

Upcoming events:

- Reeds Ferry Elementary School
 - o Healthy Selfie over the summer – staff rewards from Healthcare Cost Containment Committee.
 - o Winter Wellness week before February Vacation.
 - o School Wellness team.
- Thorntons Ferry-
 - o Girls on the Run (15 girls)
 - o Monday Morning Movers- SLP
 - o School Wellness team- maintain a mindful focus, paint night, escape room, bowling, and snowshoeing.
- MES-
 - o Walking Wednesdays

- o Fitness Fridays.
- o “Girls on the Run Fall” for the first time.
- o Staff- step challenge, bowling, mini golf, and craft activities.

- MUES-
 - o Jogging Jaguars every Monday.
 - o “Girls on the Run / Heart and Sole” in the spring.
 - o Fitbit Fitness challenge with staff.
 - o Healthcare Cost Containment Committee Monthly email.
 - o School Wellness team -bowling

- MMS-
 - o Sports & Intramurals.
 - o Pantene Hair Event in spring
 - o 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-
 - o 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.
 - o HS Wellness team

Old Business:

- Bridey B. brought up Mental Wellness- Emotional/Social
 - o Project Grow Grant- Trauma sensitive school

- Mental Health Committee Resources
 - NAMI- National Alliance on Mental Illness
 - Dr. Yackley
 - Primax- Conflict resolution
- Onsite Wellness Training (Rick G. will communicate with Jen F. of Life Resources)
 - Life Resources- minimum of 10 participants, possibly offer two workshops for entire district?
 - Webinar?
 - On Demand Webinars?
 - What are people interest in learning about?
 - Nutritionist/Dietician- HealthTrust

New Business:

- Rick is G. going to speak to classroom teachers about partnering with MES
- Jenn S. is going to look into Wellness Warriors 4th grade students helping out younger students
- Music in the lunch rooms?
- Notes to Parents
- Mental Health Committee has resources that we could look into posting
- Older students teach younger students chair yoga, creative movement, Wellness Warriors

Motion to adjourn @ 4:40 made by R. Greenier, seconded by C. Cibotti.

Attendance:

Rick Greenier, Bridey Bellemare, Maggie Croteau, Cathy Cibotti, Kelly Grassini, Jenn Saucier.