

District Wellness Committee Meeting Minutes

Monday April 9, 2018

Submitted by R. Greenier

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.

February 12, 2018 Minutes approved—K. Grassini made a motion to accept, seconded by S. Clough

Food Services Update: Dave Dziki (absent)

School Wellness Updates

- RFS—Family Fun Night, Staff social, 100 Mile Challenge, Stress Workshop
- MES—Girls on the Run, 100 Mile Challenge, Stress Workshop
- TFS—Girls on the Run, Monday Morning Movers, 100 Mile Challenge, Stress Workshop.
- 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

Old business:

- 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 Sarah C.
- 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.
- 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.

New business:

- 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.
 - General discussion of what to do with funds if we pooled them all together. (Guest speaker etc.)
- Rick G. is working on inviting a member of the Mental Health committee to join this committee.

Motion to adjourn @ 4:41pm by B. Torres, seconded by S. Clough.

Attendance: Rick Greenier, Lu Miller, Cathy Cibotti, Brenda Torres, Kelly Grassini, Sarah Clough, Bridey Bellemare, T. Landry, Coleen Landry