

District Wellness Committee  
Meeting Minutes  
Monday, February 18, 2019

**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, December 3, 2018 minutes approved- M. Croteau made a motion to accept, seconded by L. Miller.

**Departmental/Building Updates:**

1. Food Services – Dave Dziki:
  - US Govt. is reducing whole grain regulations, changing milk requirement to 1%, and modifying sodium requirements slightly.
2. RFS-Winter Wellness Week, Monthly Wellness bulletin board, Healthy snacks for staff.
3. TFS- GOTR (Girls on the Run), HERO (Honor, Endure, Run, Overcome), Wellness Wednesdays, Kids Hear Challenge.
3. MES- GOTR, Wellness Wednesdays, Fitness Fridays.
4. MUES-Jogging Jaguars, GOTR, Intramurals, Relay for Life team, “Compass” (SEL).
5. MS- Kids Heart Challenge, Advisory, Intramurals, student driven clubs (sewing and rock climbing), Hair Loss for Kids.
6. HS- Recycled Percussion, Snowsports, H.O.P.E., Intramurals.

**New Business:**

1. Mental Health
  - Partnership with Mental Health Committee- continuing to promote mental health awareness.
  
2. HCCC
  - Wellness Fair held on 1/24/19 included 20 vendors and approx. 200 attendees.

**Old Business:**

1. District Wellness website updates – committee to research which web links to add to site.
  
2. HCCCC funds- committee will consider alternative ideas to best utilize funds.

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

Attendance; Rick Greenier, Maggie Croteau, Dave Dziki, Lu Miller, Shawn Croteau, Jen Saucier, Kelly Grassini, Cathy Cibotti, Andy Schneider, and Brenda Torres.