

**Wellness Advisory Committee**  
**Wednesday, April 20, 2011**  
**Middle School Conference Room**  
**3:00 PM**

In attendance: R. Suprenant, P. Dargie, J. Burk, C. Hackett, J. Letarte, J. Foss, G. Puzas, K. Margarites, A. Pelletier, and guest L. Tucker

1. Introductions/Welcome

Paul Dargie is the new School Board representative; all other members introduced themselves. Bob reminded everyone that this is the final meeting of the 10-11 school year.

2. Building Reports

**HP** – Allison reported that they are working on Wellness goals for HP. They are currently planning for the transitions for incoming first graders from JMS, as well as coordinating fifth grade transitions with Mason students and the current fifth grade class moving up to the Middle School next year.

Immigration Day is on April 21<sup>st</sup>, and students will be bringing in foods related to their ethnic backgrounds.

HP had a “Tiger Show” put on by UNH on the topic of bullying for students.

Rocio is promoting wellness in the cafeteria by providing information and healthy breakfast options.

“Risk Watch” is coming up in May for fourth graders – they are in the process of putting together presentations.

The Biggest Loser groups are getting together for walking and training for a 5K race.

**JMS** – John Foss is looking into bringing Miss Manners to JMS to speak to students regarding politeness, personal hygiene, etc.

Staff members are looking to expand their walking program once the lower field dries out.

Teachers are talking to students about vegetables and where our food comes from.

The Safety Fair is scheduled for June 3<sup>rd</sup>. Police, EMS, and PTO will be present. They have requested food and cooking donations from local groups, Lions, Rotary, etc. They will present summer safety information to students & parents.

**MMS** – Gail Puzas and Colleen Hackett reported that the Middle School is having a “Make a Wish” fundraiser on May 5<sup>th</sup> and 6<sup>th</sup>. The students are collecting money and all students will walk the track for 20 minutes.

The staff is forming a canoe & kayak club, and weight loss club.

It was decided that there was not enough time to plan for “Play 60” at this time, as directed study time is not available for students to use for this purpose.

The Middle School is attempting to start a “Project Safe Guard”, which promotes good health and relationships.

A Lyme Disease presentation held in early April was very well attended – over 100 community members came to learn more about this disease.

S. Kokko is leading a line dancing class after school for staff members.

**Sage** – They have put up a wellness bulletin board in their building which promotes proper eating habits, exercising, and sleeping topics.

Kristi put out a fruit bowl with a note to please help yourself, and the students have loved it. They have been collecting money since they found out that she was paying for the fruit herself in order to pay her back. Instead she has funneled the money back in to keep the fruit bowl going.

12 students went to the Animal Rescue League for the voluntary Day of Caring, which promotes social responsibility. They spent 4 hours there, and enjoyed it.

The one-mile walks are starting back up, but nothing formal is planned.

**MHS** – The cookbook is on the back burner until the start of next school year. They are still looking to put up posters in the cafeteria, if possible.

A walk for students and staff before and after school is starting up. Floor hockey games between staff & students will also be started after break. In addition, the “Magoon Mile” will be coming back.

Lots of accolades were received from winter sports this year.

**SAU** – We are still waiting on guidance on the School Nutrition Act, for direction in the coming school year. A number of questions have arisen regarding food offerings and availability, which could be more costly to offer to students.

Bob attended a presentation for Superintendents on obesity and the level of learning in direct correlation with activity levels of students.

### 3. Youth Behavior Risk Survey

The High School recently completed this comprehensive national survey that was purchased with Federal funds. The results are anticipated to be in by early next year, and should include data on drug & alcohol usage, sexual activity, and other risk behaviors. All students participated unless they opted out. This survey could provide information that the committees can use in developing goals for the next school year.

### 4. Other

Next meeting adjourned at 3:40 PM.