

Wellness Advisory Committee
Wednesday, September 28, 2011 at 3:00pm
Middle School Conference Room

In attendance: R. Suprenant, P. Dargie, K. Chambers, J. Burk, C. Hackett, J. Letarte, J. Foss, G. Puzas, K. Bradshaw, R. Johnson, L. Pitsas, M. Petrigno; Guest: S. LaFleur

1. Welcome & Introductions

Bob welcomed the group, and members introduced themselves.

2. Review of Wellness Policy & Committee History

This Committee has been in existence since February 2006, when a Federal mandate required the establishment of a local school wellness policy that included goals for nutrition education, physical activity and other school-based activities that promote student wellness. Bob distributed a copy of the current School Board policy on Wellness.

The Committee has completed some goals each year that included a Wellness Fair in the spring of 2009, completion of self-assessment modules at each school level in the 2009/2010 school year, and formalization of building-level committees in the 2010/2011 school year.

3. Building Committee Reports

HP – the food service program is focusing on offering fresh products, which is in line with the Healthier US School Challenge program requirements. The building committee for the 11/12 school year is still forming and will be meeting shortly.

JMS – the Safety Fair held at Heron Pond at the end of the last school year was well attended, with a lot of community-building activities for parents and elementary students. The group is continuing with walks – students are going out with volunteers, taking laps around the field to earn rubber feet for meeting goals. Staff lunches this year are well-balanced and attractive, and staff have enjoyed them. Autumn Adventure day is taking place Friday, October 7th. Teachers are also recognizing healthy snacks that students are bringing in.

MMS – the building committee has formed and met. The Annual Health Fair was just held on September 20th, with 12 participating vendors – students really enjoyed the program. The group is planning a charity walk for the spring, and exploring the “Play 60” program offered through the American Dairy Council. In addition, they took a survey of staff for activities to offer after school, and some programs for staff include Zumba, Biggest Loser, Kayaking & Canoeing club, Tai Chi, Country Line Dancing and more. Lori noted that Middle School teachers are also recognizing health snacks, like at Jacques, and they get donations to buy healthy snacks that are available to students who don’t have a snack.

Sage – the building committee has some new members, and they have already met for the first time this year. The fruit bowl introduced last year is being stocked by donations from Lull Farm (while they are still in the growing phase – after that there will be a cost for the fresh fruit). They are also looking at the “Play 60” program, and are considering another walking campaign like last year with some other indoor activities that can be done during the winter months.

MHS – the committee had a first meeting a couple of weeks ago. They have had some staff/student games already and have more planned in the coming weeks. Mary Arrowsmith is coordinating a daily walking group to walk the track every day from 7-7:20am, in case anyone is interested in joining. They are also looking into holding something similar to the Annual Health Fair like the Middle School. The cookbook idea from last year is on hold – the FBLA group put together one last year, which lost money, so they are looking at other printing options.

4. 2011-2012 Goal Proposals: Lyme Disease Prevention Education and Healthier US School Challenge

Sandy LaFleur presented information on curriculum materials available to the District for use in the classrooms to increase awareness of Lyme Disease. New Hampshire is currently 3rd in the country for Lyme Disease with approximately 80% of ticks testing positive. She coordinated a workshop back in May with guest speakers to increase awareness in the community, and may look to hold another one this coming spring. She showed a portion of a video that is part of the High School curriculum materials to the Committee. Bob suggested that Committee members bring this back to their building-level committees to discuss the possibility of including a Lyme Disease component in the regular curriculum (all materials have already been purchased, and are designed to be age-appropriate for the audience), and to report back at the next meeting.

Katie briefly outlined the Healthier US School Challenge program, which can provide a grant or award to eligible schools to promote wellness for children. The program focuses on nutrition & exercise programs, including changes to the food service program to incorporate healthier menu options (which has already started in the District’s food service program). The timeframe for the application & implementation process could take 1-2 years to complete. Bob suggested that Committee members bring this back to the building-level meetings to decide if they’d like to participate.

5. Next Meeting

Next meeting October 26th – discussions will include an update on the Lyme Disease Education program and the Healthier US School Challenge.

Adjourned at 4:40 PM