

Wellness Advisory Committee
Wednesday, October 20, 2010
Middle School Conference Room
3:00 PM

In attendance: R. Suprenant, J. Burk, C. Hackett, R. Johnson, J. Letarte, M. Carvell, L. Pitsas, J. Pratt, G. Puzas, K. Margaritis, M. Curran-Petrigno, J. Foss

1. Introductions

Committee members introduced themselves and their role in the District.

2. Review of Wellness Policy/Committee Reorganization

Bob reviewed the general framework of the building committees and the DW advisory committee. Bob outlined the role of the building & DW committees, and recommended a change to item #4 under the District Committee to meet four times per year instead of six.

Last year, the DW Committee took on a goal to complete two school health index modules. Bob distributed and reviewed the result of those modules from last year, and how the building committees would use this information to formulate goals for the 10/11 school year. During this year, there will be legislation on indoor air quality as well.

Bob noted that a separate taskforce was created to work through the issues and legislation around bullying and the District's plans to provide information sessions for parents and students.

3. Reports from Building Representatives

a. Building Level Committees

- HP – reps from each grade level, nurse, administration & PE teacher
- Sage – Marianne, Kristi, Erik Anderson & a student
- MHS – Jean Guy, nurse, teacher, student, parent, associate, food service manager & administration
- MMS – committee includes various members of the staff
- JMS – John had a meeting with all of the staff to come up with ideas

b. Building Level Goals and Activities

- Sage, MMS & MHS Committee members distributed a summary sheet of goals, programs and/or building-level committee members, outlined

below. HP & JMS will complete a similar summary for the next meeting.

- HP – students making healthier choices, starting a walking program for staff & students, planning snowshoeing activities for the winter, PE is doing some enrichment activities, Rocio introduces herself to parents and has taken pictures of them to make into posters for the kitchen
- JMS – John was interested in having some MHS students help mentor the kids – Jean Guy will coordinate with some of his advanced students, working on walking goals, and looking at yoga for staff
- Sage – students increasing overall wellness performance through a program like the Sage Wellness Challenge. There are incentives for the students that complete the challenge. They are also working on a school-wide PE class on Fridays.
- MMS – goals included holding a wellness fair in September (Colleen distributed a brochure about the fair), plus having a couple of wellness walks in the fall & spring, continuing with Hoops for Hearts, researching the “Play 60” program incorporating football & directed study walks, and perhaps starting an Equine Club for those interested in horses. Provide staff activities including a yoga program and coordinating hiking & snowshoeing after school.

4. Other

Next meeting in Jacques Library, December 15th at 3:00pm
Adjourn: 4:15pm