

**Wellness Advisory Committee**  
**Wednesday, December 15, 2010**  
**Middle School Conference Room**  
**3:00 PM**

In attendance: R. Suprenant, J. Burk, C. Hackett, J. Letarte, M. Carvell, L. Pitsas, J. Foss, K. Chambers, D. Mallows

1. Introductions/Welcome
2. Ms. Leslie Williamson, Pediatric Promis

Bob introduced Laurie Johnson, Assistant Superintendent, who introduced Leslie & Nancy – representatives from the Center for School Success regarding Pediatric Promis. This is a national initiative researching the connection between wellness and learning for students in grades 4 – 12. Milford has been participating in this program and information was sent home to parents in the fall. The response has been limited though, with only about 200-250 responses received to date. They would like to reintroduce the survey in January to see if they can get more responses.

Leslie described the survey, which includes areas such as physical activity, stress experiences, learning skills, family belonging and subjective well-being. Once enough responses are received, the District can get a report card on the overall student responses along with resources that the schools and students can use.

Information on the survey will be placed on the websites at HP, MMS & MHS.

3. Building Reports

HP – no representative was present

JMS – Dawn spoke with Steve Claire & Diane Doran about having some MHS students come down to Jacques to mentor students. She will follow up with them again after the holidays.

MMS – the students participated in the autism walk and raised over \$1K. There is another walk planned for the spring. A new group has formed – “Horsing Around” for students interested in horses (horse ownership not a prerequisite).

Sage – they have completed their 750 miles already! The students look forward to their daily walk, which will be starting up again in the spring (since it’s difficult to arrange in the winter). They are planning a trip to go sledding/tubing in January. The gym equipment from Progress Software is all set up and ready to go.

MHS – Jean Guy distributed an update from the MHS Wellness Committee. One goal that they are looking to meet is a Healthy Recipes Cookbook – they are hoping to have approximately 35 recipes in the book. The proceeds from sales of the cookbook would be used to fund the school goal to have professionally created educational posters regarding nutrition made for the cafeteria. Students will be participating in some activities before and after school with some volunteer staff members, including a game of snowshoe softball this winter. The staff members will also be organizing a Biggest Loser contest again later in the winter.

SAU – a presentation on Bullying was held for elementary-level parents on December 2<sup>nd</sup>. Approximately 30 people showed up. A second presentation for middle & high school parents will be held on January 10<sup>th</sup>.

#### 4. Other

Next meeting in Middle School Conference Room, February 16<sup>th</sup> at 3:00pm