

Wellness Committee
Wednesday, March 28, 2012 at 3:00pm
Middle School Conference Room

In attendance: R. Suprenant, P. Dargie, J. Burk, C. Hackett, J. Letarte, G. Puzas, R. Johnson, L. Pitsas

1. Fuel Up to Play 60 – High School Award:

Maryanne Gallagher and Mary Arrowsmith were the major coordinators for the Fuel Up to Play 60 program. The High School was awarded \$4,000 - \$1,600 for physical activities, and \$2,400 for food programs.

Approximately 25 students participated in the initial kick-off for the program, as a Flash Mob in the cafeteria at lunch time. The video of the flash mob will be posted on the US Dairy Council website. The High School is looking to purchase a commercial smoothie machine with some of the award money.

Various physical activities will be added to the plans for Spring Fling this year.

The Wellness calendar project was a success, with only 5 calendars left over. This project resulted in a break-even on the cost of printing the calendars, but it did generate a lot of interest and recipe submissions.

2. Fuel UP to Play 60 – Update at Sage:

Kristi Bradshaw will discuss this at the next meeting.

3. Review of the 2011 High School Youth Risk Behavior Survey:

757 students answered over 100 questions regarding drugs, alcohol use, and behaviors in this survey. Jean Guy is still going through the results and putting together a summary. Initial results show 11th graders were of the most concern with answers provided on drug use and sexual activity levels. For the most part, the High School rated close to or above the State average (on the positive side).

Paul asked about comparing these results with the results from the survey taken 4 years ago. Bob believes Brad Craven, Principal at the High School, has these results, so Jean Guy will check in with him.

4. Other:

MMS: Still working on Fuel Up to Play 60 application. Approximately 130 students are participating in the track-and-field program this year! A charity walk to support SHARE is in the planning stages. The cafeteria is offering a grab-and-go breakfast to take to homeroom every day. Two minutes are set aside each day for students to get moving (stretching, dancing, Simon Says, etc.). Hoops for Hearts raised over \$1,500 this year.

The Committee discussed a potential climbing wall for the gym, but there were some concerns raised about potential liability.

HP: Still working on Fuel Up to Play 60 application – aiming for September. Rocio is continuing to develop the menu in accordance with the Federal guidelines on nutrition, including some plans to post pictures of meals on the website to attract attention. She has let parents know about staff meals that are available for purchase, rather than parents bringing in outside food when they eat lunch with their children. Students who come in for breakfast are encouraged to walk the cafeteria before they enter the food service area.

The meeting was adjourned at 4:30pm. The next meeting is scheduled for Wednesday, May 16th.