

**Milford School District  
Wellness Committee Meeting  
Wednesday November 28, 2012  
3:00pm MMS Conference Room**

In attendance: Rocio Johnson, Kristi Bradshaw, Gail Puzas, Donna Kemp, Patricia Fecteau, Carolyn Grisafi, Mary Arrowsmith, Katie Chambers, Coleen Hackett, Jean Guy Letarte (chair), Lori Pitsas (parent)

Absent: Paul Dargie (school board)

Minutes were approved from October meeting. They will be posted on the district web site

**Current Events:** Rocio from HP attended a food competition with 4 people from her team. They made NH apple stuffing with fresh cranberries with whole wheat bread, etc. -She called it a "practice run" for the school's Thanksgiving feast, which was delicious!

## **Team Reports by Building:**

### **Jacques-Patrica Fecteau REP**

- Ⓢ Wellness team is meeting resistance to limit birthday party celebrations (with bad food). They will revisit after the holidays.
- Ⓢ Monthly healthy tips will be posted on the school's website from [www.myplate.gov](http://www.myplate.gov)
- Ⓢ "60 sec move in school" Team wants to do it 2 to 3 times a week but needs a leader
- Ⓢ Feb (heart health month) They will track healthy foods per classroom for certificate/prize
- Ⓢ During dismissal time no more cutting through for staff-taking the long way around for exercise!
- Ⓢ This spring they are planning a talk on Lyme disease as they are seeing a lot of ticks on kids
- Ⓢ Cafeteria is set up for indoor exercise during bad weather
- Ⓢ PE teacher looking to do YOGA class for staff

### **Heron Pond-Donna Kemp REP**

- Ⓢ Approved for Play 60 \$3,700 grant!
- Ⓢ Some money to Rocio to get equipment for healthy foods (potato wedger for fresh potatoes and small cooler for breakfast milk, and a software package) some money to upgrade playground equipment to encourage more recess activity

- 🕒 "Play group" for staff for social, physical, & morale boost on Tuesdays (switching up days occasionally so all can come) 3:30-4:30
- 🕒 In-class exercise and stretching is growing to more classrooms
- 🕒 Looking at nutrition curriculum to incorporate into math and reading (i.e. reading nutrition labels)

### **MMS Gail Puzas REP**

- 🕒 Grant \$4,000! Looking to get a glass front refrigerator for salads etc
- 🕒 Student-driven wellness committee with new PE teacher is getting underway
- 🕒 One tai-chi class one Zumba class for staff 2:35-3:35
- 🕒 Warm ups in class not well received yet
- 🕒 No recipes received yet in newsletter, will follow up
- 🕒 Hoops in gym before classes start are going well
- 🕒 Planning a charity walk in spring

### **SAGE Kristy Bradshaw REP**

- 🕒 Cooking and tasting foods that students may not access at home and info is posted on on school website under Wellness
- 🕒 Play 60 still working on using money from last years grant. Will apply again
- 🕒 Thanksgiving family style meal for students and staff where all participated
- 🕒 "Fitness Fridays" for last half hour of day, exercise before dismissal
- 🕒 Need training on punching bag for the new students
- 🕒 Not currently paying much attention to the staff needs, need to work on this area  
Suggestion was made to communicate staff opportunities among buidlings
- 🕒 Student field trip to Manchester Monarchs that was earned by wellness and good behavior habits
- 🕒 bulletin board with healthy lifestyle information

### **MHS Jean-Guy Letarte REP**

- 🕒 Looking to have another CPR staff class
- 🕒 Food-meals down about 50 meals a day, kids are going out to buy food and trying to come back in with it
- 🕒 After school activities need to have an adult (especially )for weight room
- 🕒 What to provide the high school and community to repair the track (fuel up for 60 money?)
- 🕒 Wellness Fair in the spring offered to be led by a parent & PSU grad students
- 🕒 Spirit week was active and busy and having fun will do the same for spring

- 📍 Tuesday morning exercising in the gym with students before class
- 📍 Reapplying for Fuel UP for 60 grant money

### OVERALL DISTRICT COMMITTEE GOALS

- 📍 Communication—each teacher or dept. should have a web page or newsletter to let people know about what it is coming up with the building wellness group. Kristy volunteered to help. Lori drafted a page. They will coordinate contributions to put forth.
- 📍 Would like to have a speaker for the community but will need to find funding

### RISK BEHAVIOR SURVEY-NEXT STEP?

- 📍 Spoke to Superintendent to see about where to go as far as publishing the information and findings. Will visit the school board to discuss after budget season

### LOCAL WELLNESS PLAN (LWP)

- 📍 Jean-Guy felt that changes and improvements at the HS level are needed—**assessment of goals**—should be across the district so we can check to make sure that what we are doing is meeting needs. For example, food service at HS will start surveying students about some of the food choices.
- 📍 Jean-Guy would like each building to review the LWP and see if they are meeting the goals, working on them etc.
- 📍 Katie Chambers, reports that section 3 of the Wellness Policy is under review by the school board

Team Reports by building will be emailed to Carolyn at the SAU to be sent out with the agenda so that everyone can read them before the meeting in a effort to save time and allow for more brainstorming and exchange of ideas

Next meeting: Tuesday February 19<sup>th</sup> at 3:00pm in the MMS conference room

Meeting adjourned at 4:15 pm

Respectfully submitted, Carolyn Grisafi, SAU