

**Milford School District
Wellness Committee Meeting
Tuesday February 19, 2013
3:00pm MMS Conference Room**

In attendance: Gail Puzas (MMS/Nurse), Mary Arrowsmith(MHS/Nurse), Jean Guy Letarte (MHS/chair), Lori Pitsas (Parent), Paul Dargie (School Board), Robert Suprenant (SAU/Superintendent), Carolyn Grisafi (SAU/Minutes)

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

Current Events: Each school sent their reports electronically for review prior to the meeting. Hard copies were provided to Dargie, Pitsas and Suprenant. Reports are attached.

Italics represent items from last meeting that are still in progress, or will be followed up and discussed at next meeting.

Building Highlights:

Jacques

- Ⓢ Paul Dargie mentioned that the Lions Club will be sponsoring vision and hearing screening for students
- Ⓢ Discussions with students continue on Lyme disease awareness
- Ⓢ *Wellness team is meeting resistance to limit birthday party celebrations (with bad food). They will revisit after the holidays.*

Heron Pond

- Ⓢ Offering adaptive PE after school twice a week in the mini gym and weight room
- Ⓢ Competition between homeroom classes for no "write-ups" from Mrs. Alcox. (**What are the rewards?**)

MMS Gail Puzas REP

- Ⓢ Student Council and the Student Health & Wellness Club are working with the Fuel Up to Play 60 group. Lots of student participation!
- Ⓢ Collecting Pennies for the Lymphoma Society
- Ⓢ Continuing to raise money for climbing wall (partially funded by grant)

SAGE

- Ⓢ Will be starting a Walking Challenge in March

- 📍 Visit to Animal Rescue League—(more information available?)

MHS Jean-Guy Letarte REP

- 📍 Wellness Fair with Franklin Pierce University was well attended despite having to collect permission slips from every student as some of the activities were physical in nature and FPU graduate students were collecting data
- 📍 \$200 was raised and sent to American Heart Association from Wear Red Campaign to raise awareness for heart disease, especially among women
- 📍 The Unified Basketball Team (different than Special Olympics) was very well received. (regular and special ed. students play together)

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. (Still open-to follow-up at next meeting)*
- 📍 *Would like to have a speaker for the community but will need to find funding(open)*

RISK BEHAVIOR SURVEY

- 📍 Jean-Guy Letarte, Lori Pitsas and Steve Scannell will present findings from the Risk Behavior Survey to the School Board at the April 1st School Board Meeting as part of a "Wellness Overview". The School Board will be asked to decide if the survey results can be made available on the district website.

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. **Almost there!!***

Next meeting: Thursday, May 9th at 3:00pm in the MMS conference room

Meeting adjourned at 3:50 pm

Respectfully submitted, Carolyn Grisafi, SAU

