

**Milford School District  
Wellness Committee Meeting  
Tuesday January 7, 2014  
3:00pm MMS Conference Room**

In attendance: Mary Arrowsmith(MHS), Jean Guy Letarte (MHS/chair), Ronda Healy(SAGE), Lori Pitsas (Community), Colleen Hackett(MMS), Gail Puzas(MMS), Donna Kemp (HP), Paul Dargie (School Board), Carolyn Grisafi (SAU/Minutes)

Minutes were approved from last meeting. This month's reports are scanned as attachments.

**JMS-** Report states that some teachers and parents are still resistant to the "no sweet treats" for celebrations. Possible committee follow-up for DW ban of sweet treats.

**MMS-** Fuel up to Play 60 application will go in again when deadline date is made known. Salad bar extension and fitness balls in classrooms now. Afterschool cooking class is still going well. Stand up to bullying will have an activity with the Fuel Up 2 Play 60 students.

**MHS-** Will do next application date. Have two new machines in the weight room for all to use. Still looking to get a stipend for staffing the room. Raising money for water bottle filler—Fuel Up money needs to be spent on more nutrition/dairy/exercise type projects. Developing a student-based wellness survey to evaluate the progress of whether or not the wellness goals are being met.

**HP-** Also looking to apply for grant money next time around. Still doing well in the kitchen/cafeteria direction by educating the students as to what they are eating. Working on the photo survey still. Jean-Guy wants to make sure that this and all surveys include an exercise component.

**SAGE-** Hosting a Fitness Essential Seminar put on by Cigna. DW staff were invited but found it a difficult time to attend in the middle of the day. Look forward to hearing results!

**ONGOING:** All school wellness committees are expected to have their LWP surveys completed and compiled by May 2014.

**FUTURE:** The DW Wellness Committee is looking forward to reviewing the Youth Risk Behavior Survey Results when available.

Next Meeting is scheduled for TUESDAY 3/ 18<sup>th</sup> at 3:00pm in the MMS Conference Room.

Meeting adjourned at 4:00pm

Respectfully submitted, Carolyn Grisafi, SAU