

**Milford School District
Wellness Committee Meeting
Thursday May 9, 2013
3:00pm MMS Conference Room**

In attendance: Gail Puzas (MMS), Mary Arrowsmith(MHS), Jean Guy Letarte (MHS/chair), Paul Dargie (School Board), Colleen Hackett (MMS), Kristi Bradshaw(SAGE), Rocio Johnson (HP), Jennifer Parquette(JMS), Carolyn Grisafi (SAU/Minutes)

Minutes were approved from last meeting.

Across the schools: Each school is once again applying for Fuel Up to Play 60 funding this fall and MHS is trying to make the June application deadline! Great work!!

Building Highlights:

Jacques

- Ⓢ May is Lyme disease awareness month and posters have been placed around the school.
- Ⓢ *Wellness team is meeting resistance to limit birthday party celebrations (with bad food).* -Birthday celebrations are now limited to two a month!

Heron Pond

- Ⓢ There are 9 students on the Fuel Up committee with 2 teachers who meet once or twice a month. The voting on new food has been a big hit!
- Ⓢ HP has received \$1,600 in Fuel Up grant money and is currently waiting on the potato wedger!

MMS

- Ⓢ The glass front refrigerator has been purchased and looks nice but will need some "wiring" work to be able to operate it.
- Ⓢ Looking towards maybe getting a healthy snack vending machine that would raise funds for the climbing wall (fundraising progress on this has been slow).
- Ⓢ Spotlight on Lily Ayotte who will offer two cooking classes after school before the end of the year to get kids excited for next year. Rocio offered to assist as a staff person will need to be present and also thinks that she may be able to get additional contributions from Sysco as well.

- 🕒 Two Minute Exercise/Activity before morning announcements every morning has finally caught on after initial resistance!

SAGE

- 🕒 Walking Challenge—from Sage to Mt. Washington—has begun with adjustments for tracking needed so as not to be rewarding negative behavior that happens occasionally. Students seem to love the walks though!
- 🕒 Five week tennis program starting with Nancy McManus at Keyes Field
- 🕒 Teens in Transition classes are working on student resumes now

MHS

- 🕒 MHS has been recognized by Fuel Up to play 60 as Advisors of the Year because of the participation by the high school students which is more challenging than at schools with younger students. They will have a special program with a famous guest on May 23rd!
- 🕒 A student vs. staff hockey game is planned before the end of the year.

Surveys

- 🕒 Kitchen survey results will be out the end of May.
- 🕒 Each building should be surveying to see if their wellness goals are being met.
- 🕒 The Risk Behavior Survey was presented to the Board and they will decide about putting the results on the website.
- 🕒 Based on results of national feedback there will be changes forthcoming to the Federal Meals Program to address issues that came up with the new requirements.

In closing, Jean-Guy would like to see that each building get their goals and assessments in for the first meeting of the next school year (date to be determined).

Meeting adjourned at 3:50 pm

Respectfully submitted,

Carolyn Grisafi, SAU