

**Milford School District  
Wellness Committee Meeting  
Wednesday October 16, 2013  
3:00pm MMS Conference Room**

In attendance: Mary Arrowsmith(MHS), Jean Guy Letarte (MHS/chair), Ronda Healy(SAGE), Rocio Johnson (HP), Cathleen Bertoncini (JMS), Lori Pitsas (Community member), Maryanne Gallagher (MHS Food Service Mgr.) Carolyn Grisafi (SAU/Minutes)

Minutes were approved from last meeting.

**Lori Pitsas** presented an idea that she wanted to share with the wellness committees at each school (emphasis on middle and high school athletes). One of the program sponsors is the NHIAA. It is called the Life of an Athlete and the particular program is the Human Performance Project. In order to fully adopt this program would require changes in school policy which then lead to changes in school climate and student body behavior. Ideally each wellness committee would further visit the Life of an Athlete website and determine whether the program might be worth looking into further. Lori additionally said she would like to try to get motivational speaker Chris Herron however his speaking engagement fee is \$4,500.

### **MHS-Food Survey**

**MaryAnne Gallagher** presented the feedback received from her Food Service survey at the High School completes in the spring (it was a lot of work!). She has already implemented changes where she can. A similar survey is being develop in cooperation with the elementary schools understanding the level of difficulty for surveying much younger children is much more of a challenge. **Rocio Johnson** is coordinating this effort for HP and JMS. **Jean Guy Letarte** suggested that "physical activity" be included in the survey as well, to learn student's activity levels etc.

Breakfast in general at MHS has ups and downs. Kids love the smoothies offered twice a week, and the "Grab and Go" items. The biggest increase in participation at MHS has been at breakfast with their "Grab and Go". There still seems to be a "social stigma" attached to breakfast at school being a "thing for free-lunch kids". Ironically, even the free and reduced lunch students don't always know that they also qualify for, and can get, free breakfast. It was suggested that communication from the school (other than food service) promoting breakfast and tying it to improved academic performance (specifically test-taking) might help parents encourage breakfast at home or at school.

Also, at the high school there is a period of time when the kitchen is closed that Maryanne finds she is turning students away who want breakfast. An attempt will be made to try to figure out a happy solution between the kitchen, the administration, the teachers and the students. The "Grab and Go" breakfast option at HP has been well received also and will be looked at for JMS.

### MHS

- Ⓢ Applying for next Fuel Up grant in April
- Ⓢ Looking to raise money for a water bottle filler (Fuel Up money will not go toward this)
- Ⓢ Used the grant money received for new machines in the weight room (leg press), fitness balls, and new knives in the kitchen.
- Ⓢ Looking to get a stipend to pay a staff member to monitor the weight room before and after school when coverage is needed.
- Ⓢ There is a student vs. staff softball game and volleyball game planned
- Ⓢ They would like to get more activity in Fuel Up by the kids but it is harder at this age

### JMS

- Ⓢ *Wellness team is meeting resistance to limit birthday party celebrations (with bad food).* ~~Birthday celebrations are now limited to two a month!~~ **Cathleen Bertoncinci** reports that birthday celebrations are down to one a month!
- Ⓢ Yoga has been expanded to more classrooms
- Ⓢ First graders are doing the bracelet activity where they count the five fruits and vegetables a day by moving the bracelets each time they complete one.

### HP

- Ⓢ HP has received \$1,600 in Fuel Up grant money and is currently waiting on the potato wedger! **Rocio Johnson** reports that they received the potato wedger!!
- Ⓢ They are offering pre-ordered salads for students to "build" their own.
- Ⓢ They are applying for the Next Fuel Up grant trying to meet this November deadline.
- Ⓢ The kitchen staff is working to overcome the loss of their friend and co-worker (as are the teachers and children) and Rocio has just received applications and job bid forms.

- ☺ Students are filling their "buckets" and that of their friends with kindness because every drop in their bucket make them feel stronger and more optimistic!

## MMS

- ☺ **Gail Puzas** sent in her report that says the Middle School will be holding a healthy bake sale and will be hosting a Fuel Up to Play 60 fundraiser Dance on November 1<sup>st</sup>.
- ☺ They are also looking into a winter Florida fruit fundraiser.

## SAGE

- ☺ Ronda Healy reports that the current theme is Pumpkin and they have a little pumpkins cookbook that they have been working on with recipes from [skinnytaste.com](http://skinnytaste.com)
- ☺ Collecting for SHARE

All school wellness committees are expected to have a survey ready to assess their Wellness plan and goals. Surveys must be completed and compiled by May 2014.

Next Meeting is scheduled for THURSDAY DECEMBER 12<sup>th</sup> at 3:00pm in the MMS Conference Room. Please make sure to invite Rita Johnson to next meeting

Meeting adjourned at 4:40pm

Respectfully submitted,

Carolyn Grisafi, SAU