

**Wellness Committee**  
**Wednesday, October 3, 2012 at 3:00pm**  
**Middle School Conference Room**

In attendance: J. Letarte,(MHS)/CHAIR, G. Puzas(MMS), K. Chambers(SAU), D. Kemp (HP), R. Johnson(HP), P.Fecteau(JM), P.Dargie(Board), C.Grisafi(SAU/Recording)  
Absent: C. Hackett(MMS), K. Bradshaw(SAGE), L Pitsas(parent)

### **1-Committee Introductions**

Representatives from each school introduced themselves. Jean-Guy Letarte will be Chairman going forward. Carolyn Grisafi from the SAU will take notes at each meeting. Guests: Paul Dargie, School Board Chair and Steve Scannell, MHS health teacher.

### **2-NH Youth Risk Behavior Survey**

The NH Youth Risk Behavior Survey Trends handed out at the last meeting was reviewed by Steve Scannell who prepared the comparative summary between 2003 Data, 2011 Data and State Averages where applicable. A binder of all the questions and MHS responses are at kept at MHS. More information including the state responses can be found at [www.education.nh.gov/instruction/school\\_health/hiv\\_data.htm](http://www.education.nh.gov/instruction/school_health/hiv_data.htm). New reporting trends were noted in the areas of prescription drugs, electronic bullying, sexual relations and nutrition.

Questions/comments regarding MHS results:

- School nurses regarding the lack of health “contact hours” with the younger grades to prepare them for learning at each next school/level. Most focus is on math and reading currently
- Will there be changes to the curriculum at MHS based on the results? They will look at identifying the top priorities.
- Paul Dargie asked whether the report should be private or public. Committee will ask Bob Supernant, Superintendent.

### **3-2010 Federal Meals Program**

Many new regulations set forth as of July 1, 2012 which encompasses the food available to students during the school day and an additional 30 minutes at the end of the school day. In the future, this may include the student store, fundraising activities, culinary, and class activities (birthday party treats are a known problem at the younger schools) Jacques reported seeing large amounts of food thrown away, Heron Pond is presenting “tomorrow’s vegetable” to educated the students about what they are eating. Concern expressed whether older/teens/athletes are receiving “enough food” both in portion and in calories/protein. Katie Chambers reminded the committee that the new regulations have only been in affect for a month and it is a learning process for the students and the kitchen personnel.

## **4-Committees and Goals**

Jean-Guy Letarte has asked each school to pull together committees that represent a team of people representing different areas within the school and report at the next meeting who will be involved. The chair for the committee does not need to be the person attending the district meeting, just a representative. He also asked that each committee establish wellness goals for students (and staff) making sure that each goal touches upon at least one of the three tenets of the Healthy Living Schema in the Milford School District Health and Wellness Guidelines-- Personal Health, Physical Fitness, Social & Emotional Wellness. For more, go to [www.milfordk12.org/district-info/wellness-committee/](http://www.milfordk12.org/district-info/wellness-committee/) . The structure provided will help review and assess our Local Wellness Plan (LWP) Review. Next meeting we will review our current LWP and adjust it to the 2010 changes by the state. Each committee member was provided with a copy and should review it for the next meeting.

## **5-Building Level Reports**

**Sage** –(via email)Doing food demos with meals and snacks; holding another recipe contest and will be having introduction to activities such as yoga, Zumba, weight-training and boxing.

**JMS** – Doing 60-second exercises over the intercom in the morning; working on parent resistance for parties and snacks & better enforcement at the school level; considering a healthy snack competition

**MMS** – Re-applied for Play 60.Would still like to purchase a glass front refrigerator to hold sandwiches, hummus & vegetables and a climbing wall( will hold a fundraiser). They are doing hoops and hula hoops in the early morning and 2-minute activities led by teachers at the beginning of each class.

**MHS** – Fuel Up program is going strong. Morning group exercise Tues and Thurs; information round table on “eating like a nutritarian”, Spirit Week and Spring Fling activities will be developed with Student Council; monthly student vs. staff games; SPARK initiative.

**HP** – Looking to get more equipment through Play 60 grant money; teachers are instructing students on the rules of several new games and activities during recess to encourage more play time; morning exercise; 4<sup>th</sup> graders starting to “Play 60”; trying to limit classroom parties to 1 per month.

## **6-The minutes of the May meeting were accepted as written.**

The meeting was adjourned at 4:40pm. Next meeting, 11/28/2012 at 3:00pm MMS conference room.

Respectfully submitted, Carolyn Grisafi 10/05/2012