

Milford School District wellness Committee Meeting

Minutes – December 18, 2014

Location: Heron Pond, 3:00 – 4:00pm

Present: Jean-Guy, Paul Dargie, Laurie Pitas, Cathleen Bertoncini, Donna Kemp & Rocio Johnson

Minutes from September 24, 2015 were approved.

Discussion:

Team Building Reports:

JM – Contest between classrooms bringing in healthy snacks. Incentive...Recess!

D. Blanchard – yoga in P. E.

Pictures are up around building showing staff, students/families being active

Lunch bunch – 1:1 time

Stress Release....having a Message Therapist come in for free, however no response on this yet. Laurie Pitas mentioned the possibility of a Message Club?

Rocio – talk to staff about nutrition.

Hand washing demonstration – not received well by staff. Talk to Nancy to encourage teachers of the importance of this...beneficial, quick demonstration!

Utilize the Wellness (Corner) Newsletter about particular topics ...nutrition, hand washing etc.

Per Rocio, Jacques is in desperate need of serving units, stainless steel similar to a salad bar unit.

HP – Mrs. Bigelow heading up “Fun Run” in the spring (to help fund/replace recess equipment)

Second grade – snowshoeing Jan/Feb – run by Mrs. Bigelow and Mrs. Jepson

Guidance and Mr. Saunders – steering “Helping Hands”, above and beyond etiquette – paper hands/sticker. Goes in grade level drawing. Prize is a pencil.

Posters for behavior up around the building

Second grade to start walking in the spring

My Path Incentive Plan:

Play groups, social games, floor hockey and dodgeball. For Staff – try to start promoting snow shoeing, weather permitting

Rocio – Food:

Kids are trying new item. Food Service club in Jan. (1) teacher Mrs. Waldo.

Follow-up with Fuel Up to Play 60

Talk w/Jen Burk on Food Service Open House: Demo-hand washing during open house. Have samples of food that coincides with lunch menu; this way parents can taste what is offered at school.

March is Fruit and Veggie month. Move it up – if possible.

MMS – Jean-Guy read over Committee report submitted:

Money (\$1000) has been raised through (1) dance, Florida Fruit Fundraiser (approx. \$1000)

Mrs. Blake got Fit Balls by raising dollars w/Fuel Up to Play 60 – Doing a Great Job

Need to go on line and register your activities and events in order to get dollars for Fuel Up to Play 60

SAGE - No report – They are continuing with walking , general activities and games with incentives

HS – Presentation of Tick and Lyme disease, yoga, contra dancing during Wellness days.

Weight room open a few days a week. Not consistent, but working on it. Replace machine/weight stacks – fitness strength. Would like to get Kettle Bell going.

School nurse has been proactive promoting Flu shots. Has held afterschool (updated) classes for CPR/AED.

Wellness committee purchased a popcorn machine

“Girls Only” 2X wk. training sessions are in development – T. Ibara & Mr. Parent

Floor hockey and possibly basketball games are planned for January.

Waiting to hear on dollars from Fuel Up to Play 60.

LOCAL WELLNESS PLAN GUIDELINES REVIEW -

JM – Nothing to Change –

(no walking club)

HP – No changes -

- Birthday party's
- Once a month party
- After ski program
- Walking in spring
- Enrichment during lunch time/art projects
- Recess
- (Fall short with education)

HS – Weight room open with supervision, basketball and track available as well as equine club

DISTRICT WIDE – Make minor changes in wording; change in food at High School:

Take out soda's – (beverages)

Will present corrections at next meeting

The next Wellness Advisory Committee will meet March 5th at MMS 3:00-4:00pm

Submitted by: Jill Larro