

# Milford School District Wellness Committee Meeting

## Minutes – March 5, 2015

**Location:** Heron Pond, 3:00 – 4:00pm

**Present:** Jean-Guy, Paul Dargie, Laurie Pitsas, Gail Puzas, Donna Kemp, Rocio Johnson, Cathleen Bertoncini, Mary Arrowsmith

**Minutes from December 18, 2014 were approved.**

### **Discussion:**

#### **Team Building Reports:**

**JM** – The “Great Kindness Challenge” kicked off – unique ....Band-Aid had a nice comment written on it!

HEAL (Healthy Eating & Learning) – started in Kindergarten, ran through mid-February. Winning class had outside recess.

Yoga in PE will continue throughout the year.

Message Therapist - end of March, two hours each day. Everyone is interested in her!

Stress relieving measures for staff is still being looked into.

Hand Washing demo.....DONE – Will try again next year.

Fuel Up to Play 60 – tabled for right now.

Pennies for patience – for Leukemia and Lymphoma.

**HP** – Read-Across-America – Read book on head lice....

Fuel-Up to Play 60 – benefit fundraiser for walking – A quarter of a mile around.

**(HP cont.)** June – Food Service - yogurt 5 oz. servings – breakfast increase....

National breakfast week – Mr. Saunders talked to students about the good things to eat.

Matched menu with Dr. Seuss theme – served green eggs and ham/spinach.

Decorated café w/book covers.

HP would like to meet with Ashley Blake in regards to getting more kids involved in the morning time.

Open House – Title I/PTO

During Family Night – Suggestion: Have little samples to give parents/kids besides pizza! Get a PTO member to help out.

**SAGE** – No report

**MMS** – Fundraiser for Ga-Ga Pits, water bottle filler for one water bubbler, Pop-corn sales, and December was fresh fruit fundraiser.

Future Fundraisers – Bake sale on 3/17, St. Patrick's Day – Hawaiian theme!

Weekly meetings are approximately 15 minutes.

School Health – Open gym, floor hockey, student vs. staff basketball game, stability ball class for staff (1 wk.).

Fuel Up to Play 60 – Manchester Monarchs Healthy Hat Trick Program, Annual Charity Walk – The Wounded Warrior Project, Fuel Up to Play 60 Red Hooded Sweatshirts, 2 minute warm-up.

Survey on new foods – strawberry cream cheese, bagels & yogurts.

Community Projects – Hoops for Hearts, SHARE, American Sign Language, Annual Charity Walk.

**MHS** – Bands/Balls – trying to get others involved.

Weight Room – Open sporadically – working on getting a person assigned to oversee it.

Winnie Dip – March 2015 – students and staff participating (for: Unified Team & Special Olympics).

Unified Group got snowshoes – sharing them!

Crotched Mountain skiing went well!

Fitness drills – happening in the morning.

## **Report:**

Community Education Proposals – NH Collaborative Cancer Comprehension (NHCCC) –Topic: Tobacco - have guest speaker come in to the school and talk about it? Possibly for next year.

The Dance Company: dance/movement therapy classes, previously was \$100/day. Fit for High School & Middle School.

**May Wellness Committees' Treat Party**– “Thank you for participating” **(It is the last Wellness Advisory Committee meeting)**

**To be on:** May 21, 2015

**At:** Windows on West Street – from 3:30pm to 4:30pm

**Foods:** Smoothies, healthy pizza, salad

Try to get donations **and Have Bob Suprenant come!!**

Submitted by: Jill Larro