

Milford School District Wellness Committee Meeting

Minutes – May 21, 2015

Location: Windows on West Street (WOW) 3:00 – 4:00pm

Present: Jean-Guy, Paul Dargie, Bob Suprenant, Lori Pitsas, Donna Kemp, Rocio Johnson, Colleen Hackett, MaryAnne Gallagher, Mary Arrowsmith, Peggy LaBrosse, Kim Palmer, Stacy Freeman, Paul Joyce, Don Gutterson, Riley Matthews, Adelle Pitsas and Devany Pitsas

Minutes from March 5, 2015 were approved.

Discussion:

Milford School District Health and Wellness Guidelines 2014 – handed out.

Community Education Proposals:

- ❖ The Dance Company – Dance/Movement therapy in classes
- ❖ New Hampshire Collaborative Cancer Comprehension (NHCCC) – Tobacco Prevention and Education in Schools – Tobacco package received (stay on top of electronic cigars, talked about THC (Tetrahydrocannabinol, a psychoactive compound in marijuana) making a liquid form!

Jean-Guy will get more information, meet with person, and visit classrooms. Jean-Guy will send information electronically. Mary Arrowsmith says they (NHCCC) are a very good resource.

Team Building Reports:

Sage – No building report

MMS – Fuel Up to Play 60 Program – Very successful

Abby Forrence very active in raising money for Ga Ga Pits.

Abby Forrence and the MMS Fuel Up to Play 60 Program interviewed by Fox News Zip Trip. Should air on TV in August.

A group went to Gillette Stadium.

In the fall, holding a charity walk and fundraising. Staff to have “Biggest Loser” again. Open gym is still big for kids. Almost have enough money for water fountains. Gail Puzas and Ashley Blake have been huge contributors in keeping this going! Great job!!

Paul Joyce – Talked about video “Fed Up”, Genetic Engineering, Industrial Agriculture and Sustainable Alternatives – The film the food industry doesn’t want us to see. “Everything we’ve been told about food and exercise for the past 30 years is dead wrong”. Can be found on Netflix if anyone is interested!!

HP – Menu following USDA guidelines - (show & tell) Sweet potatoes – adding a little sugar to them and the kids seemed to like. Salad bar is popular with students. They are offering what they like in regards to protein, veggies, fresh fruit and grains. Offer homemade oatmeal with maple syrup daily. Now make yogurt parfaits with strawberries, blueberries or peaches and homemade granola. Fridays – special treat! Created a Wellness Corner – display wellness list where kids, visitors and teachers can see it.

Ashley Blake visited – kids excited to hear about Fuel Up to Play 60 and getting involved at the MMS! Looking into possibility of doing Food Service Open House during the Heron Pond Open House (fall)? Cisco to donate.

Would like to complete application for Healthier US School Challenge (whole school, how many hours?), not sure if they would meet requirements?

Donna mentioned would like to get more equipment for playground, kids ran/walked around Heron Pond – handed out “little feet” for how long they walked.

JM – Held veggie challenge (five was their goal), K and first grade continued in classroom. Biggest Loser challenge, A Student was in to do messages, checking in to who would be interested in yoga? Popcorn still going on. Fun Friday with fruit and Birthday party’s once a month.

Bob Suprenant – referencing: School Board passed the Federal Guidelines: Availability & Distribution of Healthy Foods to Students:

Two exceptions: waivers of three bake sale events; The NH Department of Education permits each school to have 9 bake sale days. In regards to parties: not supposed to have them. Language of policy will have guidelines for parents to follow. Distribute the policy to building principals. On website. Bob says: “A good step in the right direction”. Also mentioned: reimbursed meals are down approximately \$19,000/\$20,000. Kids are buying fewer lunches and breakfasts. Not sure why....guidelines, prices?? Older kids buying lunches out? Jean-Guy added that he gives snacks to the kids. Final wrap up of discussion: “We accept Federal dollars but it comes with regulations”.

MHS – (using summary provided – had to leave meeting early)

Personal Health (for all) – **Goals:** Continue to increase knowledge of personal health and increase individual activity and promote Fuel Up to Play 60. **Current Achievements:** Contra dancing during Wellness days, yoga is coming. Weight room has been open, more students have joined since wellness classes started the intro to fitness strength. Presentation on class on tick prevention and Lyme disease, CPR/AED update classes also offered to staff afterschool. Paul Joyce and Jean-Guy Letarte working on American Heart Assoc. Heartsaver Instructor certification.

Physical Fitness/Education (for all) – **Goals:** Obtain fitness equipment funds to continue promoting wellness after school hours. **Current Achievements:** Fuel Up to Play 60 application's (re-app) before June 2015. Searching for new student representative for "Human Performance Project". Had Tuesday morning exercise band training sessions. Staff vs students hockey game coming soon. RADD abbreviated class for senior girls – lead by Sgt. Olivia Sickman. **Social & Emotional Wellness** (for all) – **Goals:** Increase community's wellness through school changes and communication. **Current Achievements:** "The Young Kasamas", getting ready for senior prom, Presentation by Student Services, "Natural High", community service day, spring fling, and lastly staff offered chair message by NCC student.

A huge "Thank you" to all who provided the delicious healthy foods for the last meeting of the year!!! Have a great summer!!

Submitted by: Jill Larro

