

Milford School District Wellness Committee Meeting

Minutes – September 24, 2014

Location: Heron Pond, 3:00 to 4:00pm

Present: Jean-Guy Letarte, Jen Burk, Colleen Hackett, Paul Dargie, Laurie Pitsas, Mary Arrowsmith, Cathleen Bertoncini, Rocio Johnson, Gail Puzas, Donna Kemp,

Minutes from June 5, 2014 were approved.

Goals 2014-2015 Local Wellness Plan (LWP):

DISCUSSION:

By December – New Goals - Each building to go through guidelines and review them. Make sure the entire wellness plan is up-to-date for each building– make changes on restrictions only.

No Funds – Menu Magic

Go over bake sale days (9 days right now) with current guidelines

Staff not involved in Fuel Up Play 60 – Some bldgs. Have done a kick off, Ex: Jump Rope Competition, Flash Mob etc.

Ask Chantel (HP) how to get teachers involved with students' physical activities.

Abby taking the torch for Libby

Discussed communicating to staff about awareness, via email or website:

Wellness Communication per building:

HS – Pam Paquette,

MMS – Sandy Creighton,

HP – Helene Bureau,

JM – Tracey Demers,

SAGE – Jody Brouillette,

DISTRICT – Janice French

Monica Gallant – Role Model - Jacques ...Other schools are doing this

Athletes getting involved: “Life of an Athlete”, John Underwood

Jean Guy mentioned he would like a Wellness gathering with everyone on the school’s Wellness Committees.

BUILDING GOALS/TASKS: To have building reports on the same pattern/structure – set up goals and email to Jean Guy with list of members on committee

SAGE: Continue with different physical activities for students and staff (see meeting handout)

HP: Fuel Up Play 60 Club, Food Service open house for parents

Behavior of the Week (Respect) - Poster Up

JM: Fuel Up Play 60 Club, Food Service open house for parents

MMS: Fuel Up Play 60 Club – meet for 15 minutes in the AM, Open gym, Biggest Loser for staff, and charity walks –Fundraising consist of: bake sales, selling popcorn (.50) bag (A Blake), dances, selling oranges (Gail P) organized.

MHS: Popcorn (?), bubblers, weight room, Fitness, raise funds, more participation needed

Submitted by: Jill Larro 10/07/14