

District Wellness Committee Meeting Minutes

10/21/2015

HP library: 3:00-4:30

Present: JG Letarte, Mary Arrowsmith, Lori Pitsas, Bob Marquis, Paul Dargie, Andrea Wyka

1. Minutes from last meeting approved
2. Welcome new committee members

3. Discussion:

Jacques

Fruit and Veggie program –Students are given “I tried It” stickers for incentive to try something new

Handwashing lesson –using GLOGERM kit

Pennies for Patients fundraiser Feb1-19-funds for fighting blood cancers

HP

Food service Open House- “very successful with positive feedback from families”

Breakfast for Lunch and Pizza days—favorites of students

Their goal is to increase participation in Free and Reduced School Lunch Program for eligible families—need new ideas. Paul Dargie suggests the district sends out actual letters to families. Bob Marquis is aware and states it is an issue for Jen Burk due to funding and the action plan may be to target the elementary schools first. Bob suggested that data collection occur regarding numbers of meals and discussion with food service staff as follow through and Andrea Wyka will follow up at HP and then discussion to occur with Jen Burk. Discussion also regarding having packets available to families at parent conferences and open houses.

They need to discuss incentives for the staff at HP to increase physical activity. Andrea Wyka to talk with Lori Pitsas re “Milford on Track 5K race” at next year’s Pumpkin Festival. Possibility for the staff to begin training in spring.

MMS

Continuation of donations to SHARE with donations at dances of toiletries and food

Possible American Red Cross blood drive sponsored by FUTP60 group

Posters encouraging healthy food choices

Students surveyed when new food items offered

In school Health Fair to be held November 5. Mary will encourage MMS to incorporate "Sun Safety" information which was given to school nurses this summer as a result of a local Girl Scout project per Bob Marquis's suggestion.

Open Gym (each grade level one morning per week)

Daily 2 minute warm up in RTI plus recess

Pedometers and PE equipment during recess

FUTP60 numbers now up to 50-Fall Dance=\$1900 toward water bottle refill station. New order for FUTP long sleeve shirts

Hoops for Hearts in March

Open gym for BB Mon and Wed 5-7pm

Fruit Fundraiser in December

FUTP grant money used for new food warmer and hack sacks and pedometers

Completed 6 steps program and entered to win Evening with NFL player

Biggest Loser contest for Staff to begin Nov 2

MHS

School community goals set to include fundraising to provide improvement and increase

Wellness education in school

Apply to FUTP60 spring 2016

Friendly games /activities between staff and students –volleyball, Basketball, and other

Open gym hours now MWF before school (JG Letarte covers at 6-7:15 AM without stipend)

Milford Community goal-RAD safety class for females students(juniors and seniors) and community members

MHS students' goals-increased participation in FUELUPToPlay60

2015-16 MHS Wellness objectives:

Fundraising with popcorn sales (healthy air popped) \$1000/year

Increase website use and email message management for improved communication

New funds from FUTP60 with grant application

Tasks to include action plans to meet objectives will be pursued. The Wellness group will also explore new FUTP challenges and “plays”, possible “Dance with the Stars” and possible Homecoming semi-formal.

FUTP PE grant money -used for weight room equipment including new treadmill. Becca Story from FUTP and NE Dairy Council most impressed with use of these funds along with funds from Athletic Director budget and PE budget pooled together for purchase of new equipment.

New Business

*Discussed **HUSSC**-Healthier US School Challenge – full participation by food service department is necessary if this is pursued.*

Narcan availability in Schools-to be discussed more

Future Meeting Dates

- *Dec.10, Thursday 3pm at HP Library*
- *Feb.11, Thursday 3pm MMS Office Conference room*
- *Apr.7, Thursday 3pm MMS Office Conference room*
- *June 2, Thursday 3:30pm “Windows on West St.”*

Please make sure to mark these dates on your calendars as I would love to have everyone present for the rest of the meetings this year.

Thanks!

Meeting notes completed by Mary Arrowsmith 10/22/2015