

# Milford School District Wellness Committee Meeting

## Minutes – December 10, 2015

**Present** – Jean-Guy Letarte, Ron Carvel, Jen Burk, Mary Arrowsmith, Rocio Johnson, Lori Pitsas, Ronda Healey, Jaime Morin, Gail Puzas

Minutes from October 21<sup>st</sup> meeting approved

### **Discussion – Team Building Reports:**

**JM** – Handwashing demo with Glogerm - parents liked

Pennies for Patients (fundraiser for patients w/blood cancers) – Will be doing again – 2/1/16-2/19/16

Kindness Challenge in January – school wide event to promote kindness and bring awareness to bullying – (Sue Burns, Jamie Morin, Nancy Maquire)

Sue Burns (school counselor) having small lunch bunch – encourages students to meet kids from other classes and discuss ideas together

Yoga offered after school – Wednesday/Thursday for staff

Fresh Fruit and Veggies (Rocio picks out) on Tues/Thurs – Grant given by Dept. of Ed – JM qualified w/highest numbers

**HP** – Open House was very successful. Homemade items

Turkey – firefighters helped

Reaching out to parents regarding Free & Reduced Lunches – low participation at MMS for breakfast, more at High School too not taking advantage of program

**MMS** - Fuel up to Play 60 – 60 kids on team

Ga Ga Pits – cost double the amount, more fundraising needs to be done which includes: Florida Fruit fundraiser, bake sale in February, Annual MMS Health Fair (set up in a big circle), Hoops for Hearts in March

Student Activities: 7<sup>th</sup> grade floor hockey competition, Ski program, Trash on lawn day – Diane Varney-Parker – MMS received a \$5,000 grant and a \$500 grant that paid for the recycling banner and t-shirts for the recycling club

Turkey trot went well

Staff Wellness: Stability ball exercise class

**Sage - Annual** food clothing drive for SHARE through March

Dance break “2 minutes” – no specific time, happening for the whole year – music played over loud speaker – students and staff respond, may stretch, walk or dance for a burst of energy

November 10, 2015 Brentwood School came to Sage to participate in their health and wellness basketball game. Coming back in January also

November 24, 2015 is the kick off for “healthy well-being, healthy eating and healthy social interactions. Kids are asked to bring in a can/food item to attend dinner (although not required)

December 8, 2015 – Sage students helped with the preparation of the community dinner for SHARE (sponsored by the Lions Club)

December 21, 2015 – Sage staff and students will be going to Crestwood Nursing Home to sing Carols and hand out cards and homemade gifts to the residents

Sage collected \$80.00 so far for “Pennies for Patients”

**HS – Personal Health:** Goals: Increase knowledge on personal wellness, Increase individual activity and promote “Fuel up to Play 60”

**Current Achievements:** Contra dance, w/live band was a great success, Yoga Wellness day experience upcoming, Weight Room open a few days a week, Morning training (once a wk.) at 6:15 in the mini gym, school nurses office has been promoting flu shots/sending home information regarding the “Enterovirus”

CPR/AED still being resisted with by teachers. They don’t want to give up planning time – Paul Joyce and Jean-Guy Letarte are newly certified as AHA instructors

HUSSC application postponed – due to kitchen audit in the spring

Wellness committee will sell refillable stainless steel bottle (@ the DE) – to promote hydration and the use of none plastic recyclable material

**Physical Fitness/Education:** Goals: Obtain fitness equipment funds to continue promoting wellness after school hours

Fuel Up to Play 60 – about 10 kids (small leadership team created), popcorn sale on 11/24/15 and wellness drill, Jessica Shaw working w/Rich Paiva’s program

Fall Sport NHIAA Sportsmanship rankings: #1 Football and Girls Soccer, #3 boys Soccer, #5 Volleyball

The NHIAA Division 2 Scholar/Athlete ceremony scheduled for Feb 1<sup>st</sup>.

The Unified Basketball season begins January 4<sup>th</sup>. Highlight of the season – home game Feb. 8<sup>th</sup> vs Con-Val played in front of entire school watching

**Floor Hockey games are planned for January**

**Social & Emotional Wellness:** Goals: Increase community’s wellness through school changes and communication

Current Achievements: “The Young Kasamas”, led by S. Scannell – building leadership, made holiday cards for senior residents during advisory.

Narcan training on Dec. 15<sup>th</sup> – will get Narcan here at school

Dental clinic coming to HS and then to MMS, HP and JM

RAD abbreviated class will be presented by MPD Olivia Siekman on Dec. 15<sup>th</sup> for all senior girls/female parents only

Special Ed classes coming in during P.E. classes to join in on warm-ups and some class participation

Healthier US School Challenge – lot of work, will hold off for another year and will re-visit again – Designated Recognition but - ?... it's getting there?

E-Cigarettes – Kim Coronis (contact) – bring some of this into the Wellness Program within the schools – Handouts given – “Breathe”, New Hampshire

**Future Meeting Date: Thursday, February 11, 2016 @ MMS**

Submitted by: Jill Larro