

# Milford School District wellness Committee Meeting

## Minutes February 11, 2016

**Present** – Jean-Guy Letarte, Bob Marquis, Paul Dargie, Jen Burk, Mary Arrowsmith, Rocio Johnson, Gail Puzas, Lori Pitsas, Andrea Wyka

**Minutes from December 10, 2015 meeting approved**

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

**Sage** – Not present

**JM** – Still ongoing: Handwashing, Pennies for Patients, Lunch Bunch (Sue Burns, School Counselor), Yoga for staff, Fruit and Veggie Program offered Tuesday/Thursday, End 68 hours of Hunger-currently providing for seven families, Blacktop Recess-discussion on new ideas for kids to get more movement with limited space

Fruits and Veggies Program going great – Kiwi is not popular – Popular fruits are: grapes, apples, oranges and bananas – new fruits introduced: Mango, strawberries and cantaloupe; many do not even know what cantaloupe is!

Veggie not popular: Sweet peppers and cauliflower - Popular veggies: cherry tomatoes, cucumber wheels – Sugar snap peas introduced and went over well

**HP** – Healthier US School Challenge - Chantal Alcox looking at classroom portion criteria of application. Rocio is confident HP and JM is ready for the challenge

What's working well: Breakfast for lunch on Wednesday and Pizza on Fridays – Sal's pizza was introduced, but counts dropped – Counts are higher with Milford House of Pizza (garlic pizza)! Salad Bar in the basket, big hit – veggie of the day is

incorporated; sandwiches offered, on Fridays grilled cheese only – don't want any left overs for the weekend; Rocio walks through café to see firsthand what the kids are eating – it's a good time to ask questions to kids and get feedback; Lori Pitsas commented on how she likes that Rocio walks through café and interacts!

Wellness Corner – Whole Wheat values, pick 5

Food Service Survey - looking for elementary guidelines ....requested ideas from NH Buying Group (approx. 80 districts now)

Thanks to grant (applied/accepted) – New serving unit (three wells w/sneeze guard) is in place. Working great!!!

Building Wellness: HP has on going Yoga classes for staff – Coordinating a wellness walk for families May 14th (to get recess equipment) – entrée fee w/tee shirt...last year approximately 300 families

**MMS** – Community: Collected canned goods for SHARE – two boxes in foyer “Broncos or Panthers” – cans were placed in whichever box the students felt would win the Super Bowl! Items delivered February 10<sup>th</sup> to SHARE

Hoops For Hearts – scheduled for March, money raised will be donated to American Heart Association

FUTP60 – Fundraising: sold grapefruits and raised approx. \$400.00, money to be used to purchase Water Bottle filler – Bake sale in March,

Annual Charity Walk – would like to choose a charity to support Veterans, either “Home for Our Veterans or another charity

PTO asked FUTP60 to co-sponsor a 5k run...still under discussion

Nutrition – FUTP60 team did survey on types of healthy foods made available in café – next will be to schedule meeting w/Mr. DeMarco and Mrs. Johnson to discuss,

Staff Wellness: Stability ball, Weight Watchers @ MHS, Viverea Challenge – 10,000 steps per day, recertifying staff for CPR/1<sup>st</sup> Aid, Kids on Wellness = Abby

**MHS** – Current Achievements: Contra Dancing, live band was a great success – to be repeated!, Yoga Wellness day – planned for 2<sup>nd</sup> semester classes, Weight room open – More students inquiring about hours – students who were regulars now have joined local fitness clubs, (mention of a camera would be good?), Wednesday training @ 6:15, Nurse has been proactive promoting handwashing/personal hygiene, and the importance of sleep, CPR/AED classes for recertification of teachers. Recertified as Instructors: (observed by Sean Madden) Gail Puzas, Ashley Blake and Lucy Scanlon

HUSSC application postponed

Wellness Committee/Tri-M (J. Erdody) promote Fun Dancing competition night – March 31<sup>st</sup> - \$7 or \$5 with a canned good, kids love to see staff involved

Maryanne Gallagher preparing for kitchen state review – on committee looking into collaboration between culinary program and school kitchen

SAT's – questions regarding “help” in classrooms to prepare kids for test but not be stressful for them either

Narcan in school - MHS Nurses office (State provides it) – milder dosage from what they use/carry in ambulance, it does expire; cannot be in the heat

“High'n Seek” (initiated by Paul Christensen) – Positive for community, more awareness should be offered to staff and parents in community

Drug use in state – what else can Wellness Committee do to help alleviate this problem and educate the community, Paul Joyce experienced and Steve Scannell has been involved with this for years – “drugs go in cycles”

RAD (Rape, Assault, Defense) – Presented by Olivia Siekman in December to Senior Girls/parents was a good introduction –Girls questioned why them and not the boys? Review curriculum from MMS to MHS, Jean-Guy, Mary Arrowsmith and Paul Joyce interested in becoming RAD Certified - grant for RAD (?)...to bring this into the schools, approximately \$3,000 to train if teachers were sent out – would like to add a course strictly for boys – One/two percent of kids transitioning from

the middle school health program to the high school wellness program seemed to “get it” retain information from contents in classrooms. Writing papers has helped; concerted effort to integrate into schools curriculums –

RAD a concern, Bob Marquis added: “afraid for sons and daughters too” “Bridges” in Milford to do something for boys on this topic, the presentation needs to be approved first after observation in a classroom setup.

**Next Meeting: April 7, 2016 @ MMS**

Submitted by: Jill Larro