

# Milford School District Wellness Committee Meeting

## Minutes April 7, 2016

**Present** – Bob Marquis, Jean-Guy Letarte, Bob Willette, Tricia Shea, Andrea Wyka, Gail Puzas, Rocio Johnson

**Minutes from February 11, 2016 approved**

**Discussion – Team Building Reports:**

**JM** – Pennies for patient's w/blood cancer raised \$1420.21, surpassed last year

Present/Ongoing: handwashing, lunch bunch, yoga, Fruits & Veggie Program – Nancy Drake, USDA walked through while kids were eating snacks – loved it; currently 2 days/Wk. but may go to 1 day. Balloons – nice activities to do with them. Koosh balls to have on hand for students also.

Recess: Using chalk for students to complete a “Van Gogh” - “Starry Night” on blacktop. Students using a (new) beanbag toss

Gardening has begun – Planters were built by two retired teachers. Harvested corn already! Tricia showed us pictures of them!

Art class students (and staff) made bowls for the 2<sup>nd</sup> Annual Empty Bowls Program to benefit SHARE.

JM discussed Milford Water Supply (as a result from Merrimack concerns) – last water report for Milford (web page) was from 3<sup>rd</sup> qtr.

**HP** - (no Bldg. report avail.) Healthier US School Challenge – hopeful to send application in September, Dr. Seuss - changing the menu, National School Breakfast – the Principals helped in the kitchen!

Building Wellness: Yoga is ongoing for staff – Rocio mentioned getting Wellness Mtg. in Bldg. - will talk w/Chantal about it.

**MMS** - Jade Gregg – NH State Rep. for FU2P60, Abby is Nat'l Rep., three new advisors, only one wants to attend Summit. State Rep. automatically goes. Nat'l – Abby may go??

Fundraisers: November Citrus fruits raised \$400, not as much as last year. Suggestion to find another vendor (some fruit received was rotten). Bake sale raise \$356

Water Bottle Filler – Will be ordering – enough \$ were raised!

Green Week: School has been collecting water bottles (nearly 2000 collected so far) and they are still looking for more! Diane Varney-Parker will attend the Northeast Resource Recovery Association & 7<sup>th</sup> annual School Recycling Conference. She will give presentation on accomplishments of the recycling!

Mention of a grant for recess equipment – kids like Hacky Sacs

Annual Charity Walk – Plan to organize it for September 2016

Staff Wellness: Wednesday's – Stability Ball class

**MHS** – Current: Contra Dance, Yoga Wellness day experience a success, Weight Rm. Open – more kids using it – others have moved on joining Fit Lab/Gold's Gym. More equipment is needed (dumbbells) FU2P60 has helped w/raising money

Lori Pitsas and Russ Matthews are running "Rubber Band" workout once/wk.

Spring sports in full motion, Seatbelt challenge coming soon

R.A.D. (Rape Aggression Defense) – Training planned for senior girls. Bridges developing safety awareness/education for boy's w/collaboration of our Wellness Dept. Video presented soon to Freshmen/Sophomores/Juniors. Would like to turn R.A.D. into a class!?

Alex's Story presented on 4/4 – 20 yr. old dealing w/substance abuse

Wellness committee selling refillable stainless steel water bottle – available in the DE! Wellness School Assessment needed.

Paul Joyce & Monica Gallant = CAST (Community Action Safety Teams) – chaired by Middle school principal – meetings are from 3:30 to 5:00/Wednesdays?

Paul Joyce & M.A. logged 40 hrs. over 4 weekends – Peer Recovery Training through Hope for Recovery NH

Risk Behavior Survey – Seeking a better acquired data format to analyze results. Jean Guy wants old format! It shows results better. Bob Marquis said he will show Jean-Guy what he has.

Community Service Day/Field Day – 3<sup>rd</sup> graders come/tied to advisory groups.

School Health Profile Questionnaires completed (required every two yrs.)

**SAGE** – Two alternative schools coming to play basketball – Concord & Merrimack – the kids love it! Milford Lions Club pays for lunch for the groups.

Community Dinner for SHARE – Sage students help with preparation (approx. 100 people) – also cooked a healthy breakfast, they put together a cookbook

Working on Team Bldg. challenges – 30 minute timeframe, start (1) month

Three staff members joined Weight Watchers

Community Service Day – Sage will piggyback with HS: Clean, plant flowers etc. – this keeps them connected with each other.

Poetry month – Planning kickball game with Police Dept.

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Jean-Guy passed out “Wellness School Assessment Tool for Implementation” - would like everyone to look at it – short meeting before June to bring results together...or use this one? (Jen Burk may know more?)

USDA Report – Use the one he handed out in place of USDA??

**Evaluation Meeting – May 19<sup>th</sup> on Assessment @ HS Library – Time: 3:00pm**

**Next Wellness Committee Meeting:**

**June 2<sup>nd</sup> Windows on West Street, at 3:00pm (brief mtg.)**

**@ 3:30-4:30pm - everyone to join**

Submitted by:

Jill Larro