

Milford School District Wellness Committee Meeting

Minutes June 2, 2016

Windows on West Street

Present – Bob Marquis, Bob Willette, Jen Burk, Jean-Guy Letarte, Paul Joyce, Mary Arrowsmith, Jamie Morin, Lori Pitsas, Don Gutterson

Minutes from April 7, 2016 approved (?)

Discussion – Team Building Reports

JM (Present/Ongoing) – Fruit and Veggie Program – Has been very well received by students and parents, but no grant next year – must be at fifty percent, we are down twenty-three percent.

JM now working with perfect set up for hot lunch equipment!

PE Department Fundraiser – sold “speed stack” cups – very successful. They sold 50 sets w/10 more available.

Yoga – offered to staff after school-Thursdays - \$10 per class.

HP – Happy to announce they will be involved with FUTP60. Sena Bigelow and Rocio are going to work together to have application done by the 6/15/16 deadline.

Healthier US School Challenge is complete. Jen Burk to review application and then send it in for September 2016-17 school year. It’s more extensive than FUTP60 – more support for grants.

Eliminating alternative Free and Reduced Lunch – District will pay at the end of year. Information is being provided to parents/community to be aware of our program.

Have been offering what the students want to eat and it is working well. Popular days are breakfast for lunch and Milford House of Pizza. Meal count seemed to drop when they introduced Sal's Pizza. Salad Bar baskets go well! Another favorite are the sandwiches that are offered daily – Fridays, grilled cheese only so there are no leftovers.

Still have Wellness corner and menu board

Bldg. Wellness – on going yoga classes and also, Sena and other teachers had their 2nd Annual HP Fun Run. Very successful with a great turnout!

MMS - They finally have the water bottle filler – having a few problems though? Spring sports have finished up – Top 100 at Hampshire Hills instead of UNH, Bob Foster Fund – golfing

MHS – Contra Dance went well, to be repeated next year. Yoga successful. Weight room has been used well – purchased a new “preacher curl” bench, heavier kettle bell, kettle bell rack, handles storage rack and dip belt were purchased. Wednesday mornings went well with use of elastic bands. More participants wanted.

CPR/AED classes were completed 5/17/16 – C block - mention of using a Prof. Development Day to go through CPR/AED. R.A.D. R.A.D. for women – do we want to consider what other schools are doing? Elective? - R.A.D. for boys – Working with Bridges (Amy M.), Wellness II – incorporate movie “Escalation” – under construction.

FUTP60 – completed rock, paper scissors contest. Jessica Shaw is working at completing report on FUTP60 experience. Brad day – HS took kids out did games with them – went well! Wednesday Morning Training (Rubber Bands) went well – hope for more participants. Spring Sports: Girls Track won D-2 State

Championship. Lots of school records and great performances. Seatbelt Challenge – Finished 2nd in the state of NH – Senior Prom went well. Coffee with a Cop (run by Paul Joyce) Training through Hope for Recovery NH– at Windows...students mingled with Officers, Officers served coffee! Kids are getting more comfortable with Officer Mike Dowd at school. Drug and Alcohol sub-committee – hasn't done much, will resume in the fall. Simulated car crash – went well! Message is coming across to kids – Hide & Seek Event also.

Paul Joyce and Mary Arrowsmith went to Mental Health conference – Good message out of it! Monica working on/CAST.

Drugs affecting many students, some have lost relatives. Paul Joyce is a good ambassador with kids and other teachers!

Many thanks to all who contributed food – it was delicious!!

Submitted by:

Jill Larro