

Milford School District Wellness Committee Meeting

Minutes October 20th, 2016

MHS Library

Present – Bob Marquis, Jean-Guy Letarte, Mary Arrowsmith, Lori Pitsas, Bruce Borne, Gail Puzas, Tricia Shea, Sena Bigelow

- Minutes from June 2, 2016 approved by Tricia Shea, 2nd By Gail Puzas
- New committee member welcome (Bruce Borne, Tricia Shea and Sena Bigelow)

Discussion – Team Building Reports

JM (Present/Ongoing) – Sent in report by Jaime Morin:

Blacktop: Recess area renovated. Completed by Mrs. Blanchard and Mrs. Piccolo. Now have stations: Bean bag toss, Chalk color (where they have part of Van Gogh's Starry Night painted), jump rope, jog-hop- skip- gallop- jump area, hula hoop, Catch & toss.

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

Fruit & Veggie Program - able to receive again. Grant received from the Department of Education- Every Tuesday and Thursday classrooms get coolers with two types of fruits and veggies.

Received generous donation from HP Fun Run - able to get replacement jump ropes, playground balls, Velcro disc and balls for toss, and spooner boards.

Future:

Polar Express Day – collect canned goods for SHARE

Kindness Challenge- in January – raise awareness for anti-bullying

First Grade Fruit & Veggie Challenge - in February

HP – Rocio Johnson sent a report in about open house food presentation and sampler evening. She sent display pictures. She is very happy with the whole night. She has seen an increase in breakfast and lunch count since. Sena mentioned about recess carts and how they have tried to get game balls and other item to be available for students during recess. Our recess cart is largely funded through our Fun Run that takes place each May. The funds raised allow us to have items on the cart for students to use during recess - pop up soccer goals, soccer balls, footballs, playground balls, hula hoops, jump ropes, etc. My "big item" goal would be to raise enough so that we can have more black top and basketball hoops for students to use. She mentioned the great interest shown by the students into physical activities during recess but some activities have been restricted due to possible injuries. Currently we only have 2 hoops and at times with roughly 150 students at each recess it can get crowded. In addition, I have been lining the fields so students have two "playing areas" for football, soccer, tag, etc.

MMS – Fuel Up Play 60 is running strong, they just got their smoothie machine, disc golf and basketball chain nets. A dance is planned for November 2th, it will be associated with a SHARE canned food drive. The Fuel Up to Play 60 committee is having a breakfast smoothie tasting on Thursday the 27th. The MMS wellness committee will do other fundraisers (fresh fruit sale, favorite hat day, bake sale and recycle everything project) this year to be able to purchase another water fountain with bottle filler for their building. Currently the building only has 2 water fountains that are functional. A Health Fair is scheduled for November 3rd.

They are still running open gym in the morning from 7:15-7:30; 3 times per week one time for each grade level. They feel that recess time should be increased and

review times allotted for Response to Intervention (RTI); create some options within. They noticed that the students come back from recess more ready for academics and it provided them with good socializing opportunities and psychological motivation. MMS is not participating in the USHSC

Their goals are set to increase awareness and encourage healthy eating including physical activity for students and staff. They want to increase community awareness about wellness.

MHS – The MHS Wellness Committee has met 2 times already. They reviewed their goals for the year. They are posted on the MHS wellness committee website. The Fuel Up to Play 60 group is picking up. The upcoming freshmen are dedicated and will take a major role. The fuel up application should be in before the November 4th deadline. They are planning a FUTP60 spirit week in November.

The committee is working at providing safety classes to the upperclassmen boys and girls. The committee wants to promote more knowledge about physical activity and nutrition wellness. They plan to do so by creating posters and such. Morning activity will resume once a week after soccer season ends. Student Athlete Leadership Training (SALT) is going with 1 high school student on the wellness committee. There are Contra Dance, Yoga and tick prevention presentations coming to the wellness classes. Weight room has been used well after school - new dumbbells are being provided by the P.E. department.

CPR/AED classes were completed Friday 10/07/2016 during workshop day. Close to 60 district staff members were recertified.

The Kasamas' program is still going strong with Steve Scannell.

The high school drug and alcohol committee is still active and is now named SPARK (Spartans Positive Actions Reaching Kids) with a mandate to increase knowledge and services to student about drugs and alcohol.

The MHS Wellness Committee will meet:

Nov. 16

Dec.21

Jan. 18

Feb. 15

Mar.15

Apr. 19

May 17

June TBA

PROJECT DRIVE (SAGE SCHOOL)

Upcoming is a personal hygiene & health Drive. It should provide shower access, free soap, toothpaste and other hygiene products. They want to teach the students how to keep themselves healthy. They are promoting 1 healthy meal per month provided by the students. They will repeat their friendly basketball competition the way they did in the past with other alternative school.

The District Wellness Committee

Members accepted the suggestion of presenting the current committee's activities to the schoolboard on Nov.21.

The committee has established the 3:00 pm meeting dates for the 2016-2017 school year:

Oct. 20 – MHS Library

Dec. 7 – Heron Pond Conference room

Feb. 15 – Jacques school

Apr. 19 – MMS Conference room

June - TBA

Submitted by: Jean-Guy Letarte