

WELLNESS COMMITTEE
Meeting Summary
December 18, 2018 2:45- 3:45 PM

I. Wellness Activities: what's happening

District participated in the Well 100 Challenge to encourage staff to make healthier choices such as increasing physical activities, drinking more water and getting more sleep. Brown School continues with the Walking School Bus, Hillside has seen a decrease in negative behaviors since implementing the take-a-break stations and the student support center. The AMC visited BMS and took students snowshoeing, and the food pantry at the BHS is ongoing and has been successful in providing extra food items to students in need.

II. Food Service and Nutrition initiatives update

Candy shared that the state recently audited our food services and we passed!! It was noted that students are eating the snack offered at ASP but not the dinner. The state suggested that the snack and dinner times be swapped so that the kids will be more likely to eat the bigger portion because they will be hungrier. Candy also shared that she has been trying new food products that fit into the states requirement for healthier grains, but students have expressed disapproval and are eating less, particularly the foods that are breaded. BHS nurse, Lynne shared that she has seen an increase in health visits from students looking for crackers when chicken nuggets are served. Currently the BHS cafe offers multiple choices for their students daily including salads, three to four different sandwich options and ala carte items. Due to limited space BMS and Hillside are offered two entree choices daily. It was noted that for Brown that too many choices overwhelms the younger students so the are only offered one entree option each day.

Zeanny Egrea is working with Matt Soprano promoting healthy habits at Brown and Hillside during PE times .

Pick a Better Snack Program

Brown School and Hillside's 3rd graders are participating in the Pick a Better Snack Program hosted by UNH Cooperative Extensions Zeanny Egrea. Zeanny comes once a month and introduces a new fruit or vegetable purchased through our food services and teaches students about it, assists students to wash it and cut it up and encourages all students to try it. Students report they can't wait to see what she brings next.

Smarter Lunchrooms Movement

We will review at our next Wellness Committee meeting.

III. Triennial Assessment Tracking Form

Heidi shared that we need to tweak our Wellness Policy to include nutrition and health promotion that we are already doing as a district but it not being noted in our policies verbiage such as:

- Walking School Bus
- Nutrition nuggets newsletter that goes home to parents monthly

It was also noted that we need to make meeting minutes and meeting times available to the public via the SAU website. Catrina will have IT include them on our website. BHS voiced interest in putting up more info to promote health and wellness to students, this may include posters or flyers around the school.

IV. Other

The high school has seen an increase in students vaping. Effects of long-term use are not available as this is a newer drug. Craig Melanson shared that he is collaborating with Patty Hood and Wendy Wheeler who is a resident working with Dr. Kernan studying the effects of vaping. Wendy has put together a presentation for Craig and Patty to view on 12/19. May be presented to BHS sophomores in the near future. Craig will update the Wellness Committee team at our next meeting.