

## WELLNESS COMMITTEE MEETING SUMMARY

January 21, 2020 2:45-3:45

### **I. Wellness Activities: what's happening**

Lots of great things happening in all of our schools. At the elementary school all students have access to the take a break stations, and the students enjoy the get up and move activities offered in their classroom. We have “pick a better snack” offered to all students, where there is a new fruit or vegetable introduced, a brief history on the fruit/veggie and then the students can try the new fruit or veggie. Also, yoga classes are being held on Monday and Thursday for staff.

At the BMHS there will be CPR held again in April, more details coming soon on date and time. Monthly bowling starts on January 28<sup>th</sup>, and the athletic department is excited about the new arm curl machine that is located in the weight room. The food pantry is experiencing increased numbers and are very happy to be able to serve the families that are taking advantage of this wonderful program.

Teachers are also incorporating SEL techniques in the classroom such as, yoga after lunch/recess and blocks for gonoodle so the students can get up and move

### **II. Food Service and Nutrition initiatives update**

Berlin Elementary has implemented the smarter lunchroom plan. We are working toward implementing smarter lunchroom plan at BMHS. We have talked about the program at the previous wellness meeting. Some examples are both cold and hot vegetables are offered to all students, and fruit is offered in two locations on service lines, right before point of sale and right after.

Students that stay for after school are receiving a healthy “Power up Meal” in the afternoon and there are around 15 recipients at the BMHS level and 45-70 recipients at the elementary level all of which are free. The students also receive a light snack before leaving for the day..

Nutrition nuggets are sent home with the monthly newsletter at the elementary level and the nutrition education is on the school website for all to view. Food Service has also pre-ordered a subscription for a newsletter geared toward older children. The new handout is called Teen Food & Fitness. This subscription will be circulated and posted for grades 6-12.

### III. Triennial Assessment Tracking Form

The wellness committee members all have the triennial assessment tracking form and have been reviewing and making changes necessary to the Wellness Policy to be in compliance with the USDA. The team has been focusing solely on making sure the wellness policy is on point with the USDA's requirements.

### IV. Other

If anyone in the community is interested in attending the wellness committee meetings and becoming a wellness champion it is encouraged that you do so. Contact BMS or BMHS for more details.

We want to thank all our wellness members who were in attendance for our January committee meeting:

Lynne Mercier	Candy Richard	Craig Melanson
Heidi Barker	Michael Kelly	Pauline Duquette
Jill Poulin	Louise Valliere	Richelle Greer
Julie King	Elaine Connary	Catrina Annis
Dana Deblois		

The next wellness meeting will be at the Marston Building in the conference room, March 3, 2020 at 2:45. Please sign up on the wellness sign up sheet on the drive.



