

# Lyme School District - Lyme School Wellness Committee

## Meeting Minutes

**Date:** Thursday, October 25, 2018

**Location:** Lyme School Conference Room

**Start time:** 4:05 PM

**Present:** Jeff Valence, Larry Reed, Kath Stanton, Hayes Greenway, Elise Foxall, Tami Dowd  
(arrival at 4:32 PM)

## Lunch Survey Results

- The committee received 83 survey responses.
- A subgroup of the Wellness Committee will convene to analyze the results and stratify possible changes into categories of ease and cost of implementation.
- This subgroup will also create a document to distribute to parents containing highlights of the gathered data and planned changes.
- Based on the survey data, Larry Reed plans to create a few bullet point items he feels would be pertinent for parents to know and understand about the lunch program under the NSLP/USDA direction.
- Of note, Larry Reed reports that lunch sales are still lower this year as compared to years past. It was acknowledged that planned programmatic changes could serve to increase sales.

## Ongoing Wellness Initiatives

- **Community Outreach:** *Community & Kids Cafe* is due to start on Tuesday October 30th. This initiative was discussed during the last meeting and is in collaboration with Community Care of Lyme. At this time, it is a once per month opportunity for a limited number of community members to dine with the students in the cafeteria. Tami Dowd states willingness to assist on the select Tuesdays. Future dates were identified as

November 20, December 18 and January 15. Larry and Jeff will be able to report out on this initiative at our next wellness meeting.

- **Nutritional & Wellness Education:** The committee reviewed nutritional education posters received from the USDA. Select posters were chosen to hang on the wall outside of the cafeteria. The posters are designed to encourage kids to make healthy food choices. The committee will continue to entertain ideas on ways to educate students about good nutritional choices.
- **Staff Wellness:** The current staff wellness coordinator, Lisa Damren, reports through Elise Foxall that the staff wellness initiatives are well in place. Staff wellness takes place on Monday afternoons and activities rotate through yoga, reiki and wellness walks. Staff wellness needs will be reevaluated in December.
- **Wellness-Related Policies:** The committee reviewed policy EFA. Larry will contact the department of education to inquire on particular requirements related to food preparation education. Regardless of its necessity, Tami Dowd states willingness to assist in this type of education.

### **Identified Future Topics/Initiatives**

- **Family Digital Wellness Sessions:** This idea came about after the Middle School screen time awareness session and, specifically, an offer and willingness from our technology coordinator, Laura Abbene, to lead such a series. In order to allow Laura time to better understand the school's community and its needs we have agreed to the possible timeline of: meet in spring to assess current needs of the Lyme Community; create a survey in the spring/summer; gather survey responses in the fall at Parent Night(s) or Open House; and, finally, plan for a Winter 2020 Digital Open House/Kick off to Digital Learning Series.
- **Personal Electronic Device/Screen Time Awareness Initiative for Parents of Lower School Students:** Based on the results of Middle School parent and student polling, the committee believes that an opportunity to speak with Lower School parents on the topic

would be worthwhile. The committee, in collaboration with the school staff, will pursue ideas related to this initiative.

- **School Partnership with Lyme Community Organizations:** Create a way to interface and work effectively with CommunityCare of Lyme and the parish nurses with regard to community wellness - identify a wellness committee liaison to work with these local entities.

**End Time:** The meeting was adjourned at approximately 6:30 PM.

**Next Meeting:** November 20, 2018 - 6 PM - Lyme School Conference Room

Respectfully submitted,

Hayes Greenway

Lyme School Board

Wellness Committee Chair