

Lyme School District - Lyme School Wellness Committee

Meeting Minutes

Date: Tuesday, November 20, 2018

Location: Lyme School Conference Room

Start time: 6:10 PM

Present: Jeff Valence, Larry Reed, Beth Kenney, Hayes Greenway

News from the Lunchroom

- Larry reports a successful Thanksgiving luncheon on this day with around \$100 of donations from family diners.
- Based on the lunch program survey, some simple, low/no-cost changes to the lunch program have been identified by a wellness committee subgroup. These potential changes will be presented to and approved by Larry before moving forward.
- This information and a survey summary will be distributed to the parents.

Fountain Water

- The group discussed the topic of fountain water taste at the school as a number of parents commented on this on the survey. A plan moving forward is to evaluate and pursue options to improve the taste of this water. If a reasonable plan is identified and implemented, the water could then be piped into the cafeteria via a chilled line with a spout. The change would aim to provide convenience and increase water consumption among the students.

Ongoing Wellness Initiatives

- The *Community & Kids Cafe* concept, an opportunity for community members to have lunch in the cafeteria with the students, has been in place for two prior Tuesdays (October 30 & November 20). Thus far, according to Larry, attendance by community

members has been low. The school plans to continue this initiative in collaboration with Community Care of Lyme with the hope of increased attendance over time as awareness of the program grows. The committee acknowledges the importance of bridging any true or perceived gaps between the school and community. This program is one initiative and the committee seeks others' input and ideas for other initiatives. The next scheduled *Community & Kids Cafe* dates are December 18 and January 15.

- **Nutritional & Health Education:**

- When reviewing the recently adopted EFA policy (Availability and Distribution of Healthy Foods), the committee identified a new required curriculum involving opportunities to learn food preparation skills. The decision was made to contact the Department of Education for guidance on this and a plan was made to move towards creating a more clearly articulated health curriculum.
- Lisa Damren reports that her 5-8th grade health classes are in the beginning stages of exploring the 'wellness wheel' and the various aspects of each section (physical -including nutrition and exercise, social/emotional, environmental, occupational, and spiritual) as well as the importance of keeping the 'wellness wheel' balanced.

- **Staff Wellness:** The current staff wellness coordinator, Lisa Damren, reports through that staff wellness initiatives are still going well with the planned Monday afternoon sessions of yoga, reiki and wellness walks. Staff wellness takes place on Monday afternoons and activities rotate through yoga, reiki and wellness walks. With the teachers' busy days and after school meetings, Monday and Friday afternoons are the only time to offer wellness sessions for the whole school staff. Staff wellness needs will be reevaluated in December.

Future Initiatives

- **Emotional Wellness Discussion:** Lisa Damren has been in contact with a school parent who has agreed to an evening presentation with parents discussing depression,

anxiety and suicide prevention. This will most likely be targeted to parents with students in grades 6-12. Date in January TBD.

- **Family Digital Wellness Sessions:** Laura Abbene, our technology coordinator, is interested in leading a series of this sort. A possible timeline includes: meet in spring (2019) 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:** After fully reviewing both the middle school parent and student data on PEDs and screen time usage, we will have a better understanding of the areas to improve knowledge and understanding with regard to technology and student usage.
- **School Partnership with Lyme Community and its Organization:** The committee is continually seeking ways to work with other organizations and community members in Lyme. The wellness committee is still seeking a liaison to create and strengthen these bridges.

End Time: The meeting was adjourned at approximately 7:30 PM

Next Meeting: December 18, 2018 - 6 PM - Lyme School Conference Room

Respectfully submitted,

Hayes Greenway

Lyme School Board

Wellness Committee Chair