



MINUTES FOR MEETING OF THE WELLNESS COMMITTEE

Wellness Committee Meeting - March 6, 2019

Meeting called to order at 3:26 pm with Hayes Greenway, Rose Knaus and Kari Allen in attendance.

DISCUSSION

- Food Service Program Update
 - The District business office will post an RFP for a food service vendor soon.
 - The District will place an ad for a food service director who would be employed by the District or a contracted food service vendor.
- Student Survey on Lunch Program
 - The survey has been designed, reviewed and submitted to the Academic Director and the Technology Coordinator
 - The survey will be administered to students in grades 3-8 before the end of the month.
- Lower School flyer/pamphlet PED/screen time update
 - Since the last meeting, no progress has been made on this.
 - Hayes Greenway raised the idea of there being increased momentum for this initiative if it were coupled with the Digital Learning Series posed by Laura Abbene.
- Current Wellness Model - change vs. modification
 - The current wellness policy at the school does not employ a whole child wellness model, focusing mainly on nutritional and physical wellbeing. Other models exist that could be explored:
<https://www.nhstudentwellness.org/wellnessdimensions.html> or
<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>
- Community Involvement
 - Kari Allen relayed some of the many ways in which Wellness Committee members and students could be involved in the wellness of the community. These include the Health Ministry Committee, Friendly Visitors and Meals for Neighbors.
 - Kari also brought up the idea of a community, health-related book group.
 - The group discussed the idea of a 'Build a Healthy Lyme' initiative, rising from the 'Build Healthy Seniors' presentation by and discussion with Dr. Deb Kennedy and her available 'Build Healthy Kids' program.

ACTION STEPS

- Action Step
 - Review Student Lunch Survey results: Responsible Party - Wellness Committee, To be completed at next Wellness Committee meeting
- Action Step
 - Inquire with Laura Abbene on coordinating screen time/PED use info for lower school parents with her proposed Digital Learning Series: Responsible Party - Elise Foxall, To be completed by next Wellness Committee Meeting
- Action Step
 - Discuss the specifics of alternative whole child wellness models for the school: Responsible Party - Wellness Committee, To be reviewed over the next few months for possible implementation during next academic school year.

Meeting Adjourned at 4:32 pm