

WELLNESS COMMITTEE MEETING MINUTES

Date of Meeting:	12/14/2022
Location of Meeting:	BES Library
Attendees of Meeting:	Catrina Annis, Lynne Mercier, Jeanne Charest
Agenda	<ol style="list-style-type: none"> I. Introductions <ol style="list-style-type: none"> A. Meeting Etiquette B. Committee Expectations II. Updates <ol style="list-style-type: none"> A. Elementary B. BMHS C. Food Services D. Athletics III. Prioritize Goals <ol style="list-style-type: none"> A. Alliance for a Healthier Generation Assessment B. Action Plan
Notes:	<p>Discussed the importance of meeting etiquette:</p> <ul style="list-style-type: none"> ● Start and end on time; use time efficiently. ● Treat each other with professionalism and respect. ● Be present physically and mentally. ● Be concise when speaking. ● Topics outside the agenda will be documented and tabled for future consideration. <p>Discussed committee expectations:</p> <ul style="list-style-type: none"> ● A school wellness committee should consist of 6-12 members and include school nurses, PE and Health teachers, cafeteria staff students, parents, and community members, local health organizations. The committee should represent the diversity of your community and include people that have a passion for children's health, have an influence in the school and community, and have time to commit to supporting the committee's goals. ● Collaborate together to build a healthier school environment for students and staff. <p><i>There are no new updates to share as we are without representation from those groups today.</i></p> <ul style="list-style-type: none"> ● Prioritize goals for this school year. <i>The group chose to table this conversation for our next meeting.</i> ● Implement and evaluate efforts to enrich school wellness. <i>Again tabled for the next meeting.</i> ● Briefly talked about getting students and staff involved with wellness surveys regarding food options and activities but understand we may need parental and admin permission to move forward.

	<ul style="list-style-type: none"> • Need to make SAU3 website with regards to Wellness more user friendly and quicker to find info. • Discussed securing and/or determining funding for the Wellness Committee projects and initiatives. • Will discuss the assessment for Healthier Generation at our next meeting
Action Items	<p>Catrina will reach out to the Rec Center to collaborate and request they include the schools website and cross promote health and wellness on their site.</p> <p>Catrina will ask Autie to brainstorm better ways to navigate to the Wellness Committee info on the SAU website. Will also ask Autie to include community centers such as the Rec center on our website.</p> <p>Catrina will reach out to the members of the High School student newspaper to cross promote wellness and invite members to the team.</p>
Next Meeting:	2/1/2022

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