

Present: Beth Newman HS LCSW; Kady Gould Elementary School Principal; Kristy McNaughton HS Career Tech Teacher/Wellness Co-Chair; Jaycie Stevens HS Student Member; Pat Hopkins Superintendent; Quincy Browne HS Science Teacher; Amanda Bullock Central Office Finance; Ari Bouse District LCSW/Wellness Co-Chair; Nan Bell Let’s Go! Coordinator @ HCCA

- Meeting Objectives: 1. Plan for Wellness Activities
 2. Review and Update Student Wellness Policy

	<i>Agenda Item</i>	<i>Action Items</i>
3:00	<ul style="list-style-type: none"> • Introductions • Wellness Comm. Updates- <i>Due to a very busy schedule Heidi Hinkley needs to pass the role of Let’s Go! District Champion along to someone else this year.</i> • Suggestions for School Champions @ LER, Riverview, Pittston-Randolph Consolidated School 	<ul style="list-style-type: none"> • Nan will reach out to Wellness Team to recruit new Let’s Go! District Champion (s) • Nan will send wellness policy and meeting minutes to Pat Hopkins for school board meeting and to the group
3:15	<ul style="list-style-type: none"> • Engaging Staff/Students around Wellness • Implementing Staff Development 	<p>Staff Wellness Day- March 19, 2020 (early release) Physical activity/Nutrition ideas:</p> <ul style="list-style-type: none"> • Water Challenge • Physical Challenges: increase physical activity school wide and in classroom; suggest teachers integrate movement into 80 minute classroom time; Walking Wednesdays – build into study hall time on indoor walking trail; access existing activities: Sally Brann walks 1/4/ mile everyday with students; LER does the Walking School Bus; push-up challenge for a month- 1 push up on first day of the month – 2 on the second day etc.... • Kindness/Gratitude/Empathy Challenge • Healthy Food Challenge; Bag of Chips vs. Kale Chips; Ask Linda if she can post calories for a la carte meals at HS MS; List calorie count for meals served

		<ul style="list-style-type: none"> • Screen time Challenge,; Strategies to support movement; Model living healthy; Offer activities that can replace unhealthy behaviors to reduce amount of screen times.
3:45	<ul style="list-style-type: none"> • MSAD 11 District Student Wellness Plan 	Wellness Policy Review: Ask reps from each building what they are doing around physical activity and nutrition
3:55	<ul style="list-style-type: none"> • Next Meeting Agenda Items <p>Meeting dates: meetings will be held on 1st Tuesday of each month.</p>	<ul style="list-style-type: none"> • Review MSAD 11 Student Wellness Policy • Let's Go! School Champions / Nutrition Staff – connecting LG! Wellness teams at each school building. • Suggestions for School Champions @ LER, Riverview, Pittston-Randolph Consolidated School <p>Next Meeting - October 1 @ 3:00</p>

*Parking List Items for next meeting: