

Wellness Committee Notes on October 1, 2019:

Does wellness policy reflect social emotional wellness - second step/mindup

GAHS: Nora Diversi: Prompt 1, Wellness at the High School

1. Bring back the water challenge
 - a. Offer prizes - Hydroflask?
2. Healthy Snacks
 - a. Donations to the food pantry: healthy fruits and other fresh snacks
3. Walking Trail
 - a. Students in the 20% project. A student (Taylor) is willing to head up the challenge at the HS level
4. "Brain Breaks"
5. 20 Miles in 20 Days (October 3rd - October 31st)
 - a. Participation Form/Calendar
 - b. Goal: prioritize taking time during the day for a healthy practice
 - c. Movie Tickets as prize
6. May National Screen Free Week
 - a. Encourage tracking on the phone
7. Starting Staff Meetings with Some Sort of Physical Activity
 - a. Walking a mile at the beginning?
 - i. KM: this only took me 20 mins
 - ii. Concern over the limitations of staff
 - b. Or perhaps some very basic stretching, body balancing activities
 - c. The best solution may be to promote "healthy habit time" briefly before staff meetings. This gives the staff the choice of how to best spend this time for themselves and their own situation
 - d. We could promote volunteers among the staff bringing their own experience/practices to the rest of the group and give others a chance to share
8. Or Ending the Meeting with a Positive Activity - Mindfulness Steps, or a Quiet Time with the lights down
9. Create a wellness map of what is happening throughout the district to give people a look at the big picture
10. November - Gratitude Challenge
 - a. How would this look?

- i. Find something to be grateful each day
- ii. Have a calendar form where students/staff write something they are grateful for each day
- iii. Beth will make the Gratitude Calendar

11. November 15 - Smoking/Vaping Awareness Day "Smoke Out"

12. Bring a Healthy Recipe for November Staff Meeting

- a. Create a recipe dump for these healthy recipes
- b. For Next Meeting (First Tuesday in November) be ready to share a healthy recipe**

13. Walking Wednesdays move to Moving Mondays?

- a. Monday is likely a better day - better day of the week for scheduling and starting healthy habits

14. Students Wellness Day/Thoughts on Student Experience of Wellness

- a. Try to avoid the early starts - tough to focus/commit to a practice in the morning
- b. Work with amin regarding the 5 minute break (especially giving students who take challenging classes downtime mid-period)
 - i. Broader topic of student wellness + breaks should be a topic for discussion at a Staff Meeting
- c. Speaker (Impaired driving awareness) was positive
- d. Look to add a Guest Speaker / or a Field/Carnival Day for Student Wellness day
 - i. Needs to be structured
 - ii. Needs to have a way for attendance to be accounted for
- e. Group of Students to help with wellness day?
 - i. School board officer/advisor board position for Wellness
 - 1. This would involve each president from the classes and others who are interested

15. Accomplishing the Wellness Committee goals:

- a. Lots of things on agenda (subgrouping?)
- b. Have a Champion for each of the 3 main initiatives
 - i. Student Wellness Day
 - ii. Staff Wellness Day
 - iii. Monthly Challenges

West Gardiner Elementary: Wellness Initiatives

- 1. Walking with Mile Tracking; Class that walks around the building
- 2. Classes that Access the Nature Trail
- 3. Winter Kids
- 4. Nutrition: Having students serve in the cafeteria
- 5. Harvest Lunches involving foods from local farms

6. Walking School Bus
7. PBIS: Drawing attention to the students who bring healthy lunches
8. Second Step: Pro-Social program (mindfulness)
 - a. Kits work at other schools in the district
9. Brain Gym and Go Noodle Breaks incorporated throughout the day

10. Thinking about staff initiatives for WGES
 - a. Staff recipe share
 - b. 20 miles in 20 days - would this work at the elementary level for the staff?
 - i. How to roll this out to staff? Perhaps do a demo for them walking the trail

The WellSAT 3.0: Nan will work with a SubCommittee in a future meeting

Wellness Day will be the Early Release day on March 19, 2020