

Wilton - Lyndeborough Cooperative School District
Wellness Committee

MINUTES

Monday, November 13, 2017 at 3:00 p.m.
Wilton-Lyndeborough Cooperative Middle/High School

Present: Bob Deignan, Laura Swim-Gifford, and Lise Tucker

Absent: Carol LeBlanc, Brian Bagley, Tim O'Connell, Diana Zoltko, Kathy Lefeber, and Olympia Clark

Meeting was called to order at 3:05 p.m.

Review of Cook Book Initiative

We discussed the status of the district wide cookbook. We are looking for more recipes to create a diverse book. We also think recipes for Professional Development lunches and Student celebrations should be added. Laura stated that we should send out a district wide email reminder periodically.

Explore School Care 30 minute Seminars

Lise passed out information on wellness seminars for employees. These are free seminars sponsored by Cigna through our Employee Assistance Program. Bob, Laura and Lise discussed different ones that would be most beneficial. We agreed on the "Mindfulness – Release the Stress". Laura also suggested looking into cooking classes with our Family Consumer Science Teacher and hospital sponsored non-smoking sessions. Lise said she would talk to the superintendent and other administration on getting the 30 minute seminar scheduled. She said she would find out if it would be feasible for us to fit it in their Professional Development Day on February 2nd. Bob thought there might be a possibility to have it incorporated with a faculty meeting. The question was asked whether this session would count towards clock hours and if all staff would be paid. Lise said she is leaving the details of that up to the superintendent and the school administration.

Laura also brought up the idea of having a Wellness Fair. Lise will talk with administration to see if we could fit that in at the beginning of the school year as a 'kick off' to the program.

Bob suggested we send out periodic reminders of what is available through the wellness provider and the 'Good For You' incentives. Lise was concerned about the idea that these incentives are only for the employees that have the insurance coverage.

USDA – "Wellness and What School Staff Need to Know"

Lise passed out a presentation that she found on the USDA website. She wanted the committee's opinion of this presentation. She thought this could be a reminder to the staff on what the wellness program is all about. Bob mentioned that not all staff has Microsoft PowerPoint on their computers. He suggested that we take parts of it and make quarterly posters. Laura suggested we break the

presentation into pieces and focus on one topic at a time. Lise said she would pick a topic and send district wide emails instead of doing posters as that is more convenient and less expensive.

Review of Wellness Newsletters from Sept to Nov

Lise mentioned the monthly wellness newsletters that are sent by Bob each month to the Food Service Workers and School Nurses. She thought maybe we should incorporate something out of these to the district as a whole. She didn't think they were being used to their full potential. Laura suggested posting these newsletters on bulletin boards in each of the cafeterias. Bob said that not all staff goes to the cafeterias. We suggested focusing on the Big Number sayings. They bring awareness to certain topics. Lise said she would choose one or two that were appropriate for wellness awareness and send district wide emails.

Looking into School Links for SAU website

Lise mentioned that she thought the individual schools had certain programs. She wanted the committee's opinion on putting their program overviews on the website to encourage all to participate. She passed out drafts of the web pages she designed to get feedback. She had contacted the nurses for their input. All thought it was a good idea. Lise said she would run it by the superintendent and the principals before putting them on the website.

Outcome of Book Club Promo

Lise had sent out an email on a book club idea she received from the Wellness Retreat she attended in October. This was a promotion suggested by School Care to encourage employees to become aware of this topic. The Book is entitled "52 Simple Ways To Health". Lise reported that only two people responded that they were interested. Lise said School Care required at least 15 people to have the author come and talk about the book.

Adjournment

A motion was made by Bob to adjourn the meeting. It was seconded by Laura. The meeting was adjourned at 4:35 p.m.

Respectfully Submitted,

Lise Tucker