

# SAU#63 District Wellness Meeting

Monday November 4, 2019 LCS 3:00 PM

In attendance: Lizabeth Baker - Business Administrator  
Kim Sheridan RN - FRES Nurse  
Cathleen Bertoncini RN - WLC Nurse  
Laura Gifford RN - LCS Nurse  
Deb Roske - Food Service Director

Absent: Brian Bagley – Principal, Robert LaRoche – Interim Principal, Carol LeBlanc – School Board Member.

Kim was asked to start the meeting by reviewing what the committee worked on last school year, as all members present (Laura was actively caring for a student when the meeting started) are new to the Wellness Committee. The focus of the committee has been employee health and wellness, and the meetings are required to take place quarterly as part of the National School Lunch Program. During the 2018-19 school year, the committee discussed sending out the “Big Number” district wide emails, Cigna free 30 minute seminars available to present to staff at our February PD day, School flu clinics for staff, Yoga for staff at WLC after school, School Care incentives for employees, the SAU#63 Community Resource list, the Health/Wellness/Benefits Fair that took place the prior year, and discussions regarding the District Wellness Policy.

- Lizabeth inquired as to who the required LEA Wellness Authority is for the District. It was her experience in her last district that the role was assumed by the Superintendent, but it can be a School Nurse, Principal, etc. Lizabeth will follow up on this with Superintendent Lane for clarification.
- There was a discussion as to what the current Wellness Policy is, and what the Committee sees as its goal/purpose. Existing members agreed that the focus has been on mostly employee wellness. Per Lizabeth, *‘The legislation passed around wellness was to promote student health, prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.’* The Wellness Policy has not been updated since 2014, and is currently out of compliance. Lizabeth will address this with Superintendent Lane.
- Deb Roske educated the group as to what ‘Smart Snacks’ are and how they fit into the School Lunch Program guidelines. Kim expressed concern that some of the approved “Smart Snacks” are not necessarily healthy or nutritional i.e. Pop Tarts. Deb is involved in a large local co-op with other Food Service Directors.

There was a lengthy discussion around the sale of caffeinated waters at the high school, and the nurses expressed concern that caffeine could have an adverse effect on students with ADHD, Cardiovascular conditions, etc. Other members voiced opinions that students are consuming these beverages already (come to school with a coffee, etc.). Deb agrees to hold off on the sale of caffeinated beverages at WLC until further discussion could take place.

- Committee Members- Lizabeth states that poorly attended meetings and/or lack of membership of a variety of stake holders (parents, PE teachers, WLC student, Member of the School Board) may result in noncompliance with meeting requirements. Lizabeth will follow up with Superintendent Lane with the goal of having well attended meetings with a variety of stakeholders.
- Lizabeth distributed written materials pertaining to policy requirements

Respectfully submitted,

Kim Sheridan RN

Next Meeting: Monday January 6, 2020 3-4:30P LCS Main Conference Room