

Wilton - Lyndeborough Cooperative School District  
Wellness Committee

**MINUTES**

Monday, November 5, 2018 at 3:00 p.m.  
Lyndeborough Central School

**Present:** Carol LeBlanc, Sarah Edmunds, Bob Deignan, Laura Swim-Gifford, Kim Sheridan, and Lise Tucker  
**Absent:** Brian Bagley, Tim O'Connell, and Kathy Lefeber

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

The minutes of April 30, 2018 were reviewed. All accepted as written.

**Adjustments to Agenda**

Kim addressed the committee as being new and wanted to understand her role as part of the committee. She questioned the goal of this committee. Lise stated that we as a district are required to have a committee that promotes our wellbeing. Our health care provider encourages us by giving incentives and working with a third party on quarterly awards. Bob further explained that as part of the National School Lunch Program, we are required to keep minutes of what is discussed along the lines of Health, Fitness and Nutrition.

Given that we are now approaching the winter season, Kim also wanted to remind us of the flu shot promotions made by the school nurses.

**Explore School Care 30 minute Seminars**

Lise handed out pages from the catalog. She asked the committee to come up with their three top choices. Discussions were had. Over a dozen session topics were chosen for the district wide professional day scheduled for February 1<sup>st</sup>. Carol suggested that we have two separate sessions based on each of the school's needs. Lise jotted down the various sessions with initials besides each one representing their school choice. Lise said she will contact School Care to schedule accordingly.

**Update of Email Correspondence for District**

Lise handed out a copy of the district wide email that she plans to send on "Our Wellness Policy". She explained that this was a topic discussed within the USDA presentation on "What Staff Need to Know". She stated that this would be the last email sent from the presentation; that all further reference should come from the policy itself. She then handed out the District Policy – JLCF. She asked the committee for their comments. None were brought forward.

Kim requested a copy of the USDA presentation that is being referenced. Lise said she would email it to her shortly after the meeting.

Lise handed out a copy of the district wide email she plans to send on the “Big number” focus. She reiterated that these come from the monthly Wellness Newsletters we receive as part of our Food Service Monthly Menu subscription. The number 80 comes from the September issue and states that 80% of people reach out for help on symptoms of depression. The number 229 comes from the November issue and states that this is the amount of grams of fat that is consumed during our holiday meal.

### **Preventative Health Initiatives**

Discussion was had on how to approach the creation of the Community Resource web page. Carol and Kim expressed interest in using posters for educating our community on screening tools. Kim expressed interest on educating our community on Lyme disease. Laura expressed interest on educating our community on LED exposure. Carol cautioned the committee to ensure that all information presented must be factually based. Both Kim and Laura would like to work with the Parent Teacher Organizations to promote awareness events. Lise cautioned the committee that all members must know of the plans before they are finalized.

### **Update on School Links for SAU Website**

Lise mentioned that on our website, there are pages that explain the different incentives by each of the schools. This has not been updated since last school year. She is requesting that we get updates to represent what is going on this school year.

### **Evaluation Summary from the Health and Wellness Fair**

Lise handed out a chart that summarized the evaluations of our first Health and Wellness Fair. Eight vendors responded. They were impressed with our layout. They enjoyed the people, food, and the ‘sense of community’. Twenty eight employees responded. They appreciated the ability to meet with benefit vendors in person. They enjoyed the wellness displays. They would like to see more space for sitting.

### **Adjournment**

A motion was made by Bob to adjourn the meeting. It was seconded by Sarah. The meeting was adjourned at 4:30 p.m.

Respectfully Submitted,

Lise Tucker