

Wilton - Lyndeborough Cooperative School District  
Wellness Committee

**MINUTES**

Monday, April 30, 2018 at 3:00 p.m.  
Florence Rideout Elementary School

**Present:** Brian Bagley, Tim O'Connell, Laura Swim-Gifford, and Lise Tucker

**Absent:** Carol LeBlanc, Bob Deignan, Kathy Lefebber, and Diana Zoltko

**Meeting was called to order at 3:15 p.m.**

The minutes of March 14, 2018 were reviewed. All accepted as written.

**Meeting Times for School Year 2018-19**

Lise handed out a draft schedule for the next fiscal year. Brian said that March 11 was not good for him. Discussion was had on changing the date. All agreed to change it to the week before, March 4, 2019. The 18-19 schedule of quarterly meetings was accepted as amended.

**Handouts for Physical Activity and Nutrition Facts**

Lise handed out a copy of the USDA Tip sheet on Physical Activity. She suggested that we add this to our webpage. All agreed that would be a good idea.

Lise also handed out an article on Nutrition Labels. This was from the Food and Drug Administration (FDA). She commented that many people do not know how to read a nutrition label and thought it would be a good reference for everyone. Committee suggested sending this article in an email to all staff. Lise said she would.

**Update of Email Correspondence for District**

Lise handed out a copy of the district wide email she sent on "Better Health = Better Learners". She explained that this was a topic discussed within the USDA presentation on "What Staff Need to Know". She asked the committee for their comments. None were brought forward.

Lise handed out a copy of the district wide email she sent 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 78 comes from the May issue and states that 78% of Americans get routine physical exams each year. The number 52 comes from the April issue and states that 52 million Americans jogged last year. It further mentioned that it was the most popular outdoor exercise.

### **Wellness and Health Fair Planning – Final Details**

Laura passed out the final layout of the fair. She stated that Buddy has a copy of the layout. Lise questioned where tables 10-12 are. Laura said that they will be on the stage. Linda, Kristi and Sherri have raffle tickets at their schools and evaluation forms have been passed out to complete after the fair.

Laura also went over the brochure details showing the vendors that will be represented. She said that all staff will be required to sign in. At that time they will also get a raffle ticket. Laura said that the prizes were all donated. Lise said the sign in sheet will also serve as backup to pay staff accordingly. Laura and Lise will go over the completed evaluations and report back with a summary.

### **Other**

Laura suggested a new focus for the next school year. She would like to promote a series of "Preventative Health Initiatives". She said she would look into articles, brochures. A couple of topics that come to mind are, Lyme disease and lead exposure. She also recommended that we change the Wellness webpage to include a Community Resource page.

### **Adjournment**

A motion was made by Laura to adjourn the meeting. It was seconded by Lise. The meeting was adjourned at 4:05 p.m.

Respectfully Submitted,

Lise Tucker