

Wilton - Lyndeborough Cooperative School District
Wellness Committee

MINUTES

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

Present: Carol LeBlanc, Bob Deignan, Kathy Lefeber, Laura Swim-Gifford, and Lise Tucker

Absent: Brian Bagley, Tim O'Connell, Diana Zoltko, and Olympia Clark

Meeting was called to order at 3:01 p.m.

The minutes of November 13, 2017 were reviewed. All accepted as written.

Review of School Care – Cigna Wellness Session

Lise commented that she thought the “Mindfulness – Release the Stress” session went well. She had asked many participants and they were pleased. She passed out copies of the ‘Access Your Stress’ survey and the ‘Breathe’ exercise. It was advantageous to have it at both the FRES and WLC locations as it was convenient for the staff. Laura commended Food Service for their choice of healthy breakfast menu items for the staff. Kathy asked if all the support staff were invited as well, including the custodians. Lise said No; that this was a Professional Day for the teachers for the most part. The agenda was driven by the school administration and encompassed curriculum and technology needs. Laura commented that she would like to see more of these sessions.

Review of USDA – “Wellness and What Staff Need to Know” series

Lise handed out a copy of the district wide email she sent on “Foods Sold to Students”. 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. Carol thought this was a good idea; that it was short and to the point. Lise commented that if anyone had an idea for the next one to let her know. Kathy mentioned that we are in the midst of flu season and that it is not too late to get a flu shot. Lise asked for some type of blurb from Kathy so that she could send a district wide email accordingly.

Review of Big # Focus on Wellness Newsletters

Lise handed out a copy of the district wide email she sent that used the number focus from the November and January issues. The number 5 denoted that “for every 30 minutes of sitting, you should get up and move around for five minutes to reduce the risks of sitting too long”. The numbers 10:39 stated that “the average adult logs 10 hours and 39 minutes of screen time every day, compared to just 17 minutes of fitness activity.” Lise asked the committee for their comments. Kathy said that WLC is having a Vision and Dental event on February 19th for the students. Laura mentioned that FRES is having their annual “Jump Rope for the Heart” event this month. She also mentioned that LCS is having a

Dental Hygienist come in on February 9th to give an overview on how to take care of your teeth to the children.

Review of School Links for SAU website

Lise passed out the documents that replicated the web pages for the applicable schools. She wanted to make sure that the committee knew what was on the website. Lise commented that although we are half way through the school year, it is still good information to have. She is hoping that this information can be introduced earlier for the next school year.

Wellness and Health Fair Planning

Laura passed out her notes on the topics and vendors she is trying to get for the fair. She wanted to know what dates would work best to do this. Laura talked with Bryan and he wants it to coincide with open enrollment. Lise said that would be in the month of May. She asked what timeframe would work for Laura to be able to contact vendors and plan accordingly. Laura said she thought that would give her enough time. She asked that the committee be open to having another meeting prior to April to help facilitate the event. Everyone checked their calendars. All agreed on Wednesday, March 14th.

Discussion pursued around what types of vendors should come to the fair. Laura thought that we could get a Diabetic Educator and/or Nutritionist from a nearby hospital. She is working on getting a Message Therapist to come as well. Kathy thought we could ask the Lions Club to sponsor a table on Vision. Lise said that she would contact School Care to see if a representative would be available. Laura is hopeful that she could get a blood pressure device and a tool for checking cholesterol. Carol suggested getting the Red Cross to attend as well. Laura asked Carol to contact them and get back to her. Laura asked Bob to look into his contacts of wholesalers for donations of food for the event. Lise reiterated that Bryan would like to see a Verizon representative come to promote discounts on cellular service to educators.

Adjournment

A motion was made by Bob to adjourn the meeting. It was seconded by Carol. The meeting was adjourned at 4:15 p.m.

Respectfully Submitted,
Lise Tucker