

SAU 9 Wellness and Nutrition Committee

April 20, 2020

2-3:00 p.m.

The SAU 9 Wellness Committee promotes and supports the health and wellbeing of each and every student.

- We are proactive in identifying and promoting policies and best practices that support our mission related to student health.
- We are responsive to our community's emerging needs and trends that impact student health.
- We work to connect school and community resources for the benefit of student health.

Welcome:

Review Meeting minutes:

Feb 3

<https://docs.google.com/document/d/1OuPULH-UOsVKzdy46QU5ukUwHEATR-oDAwZJrQN6JHw/edit?usp=sharing>

March 2

https://docs.google.com/document/d/1VnVss_HtAg6Zb-Vri8DEqwusHnILhacquDL1_s5F78c/edit?usp=sharing

April 6

https://docs.google.com/document/d/1FjrfiDuJp0owlk_BLP94fTI06D4yULH451dt7WeULrc/edit?usp=sharing

1. New Business: Coronavirus Planning Efforts

- Medical Community updates:
- MWV Building Resilience:
- Let's Go:
- Cooperative Extension:
- SAU 9:
- Project Succeed:
- YLTA- Youth Leadership Through Adventure via Adapt

2. Remote Wellness Promotion Suggestions:

- Lynn Lyons- Parenting Through A Pandemic: The Do's and Don'ts of Being Stuck In the House, April 30 7-8:30, Zoom event. Contact to RSVP ebrochu@cadyninc.org
- Vaping Unveiled: Breathe NH
- Angst the Movie-
- Could/should SAU sponsor a **community conversation** regarding - social, emotional, physical wellbeing
 - Simplify the message for families - Reach out to our trusted physicians for pre recorded conversation with students; use google forms or create a google doc for ongoing questions
 - Catalina and Caleb will reach out to Ross & Rich,
 - Heather will reach out to Wenda
 - Identify students interested in being involved, HOSA, YLTA. Helen's Health class, Student council
- NH DOE Bureau of Wellness Facebook page - after the bell live streamed conversations 3pm-3:30 "The Afternoon Bell" topics around self care, mental health, managing conflict etc
<https://www.facebook.com/NHStudentWellness/>
- MindWise SOS Supporting Student Mental Health ... From a Distance April 24th 1 p.m.
<https://www.mindwise.org/resources/webinars/>

Next Meeting - TBD via Google Hangout

Old Business:

- Website suggestions for updates http://www.sau9.org/district/wellness_nutrition_committee send updates to Pam
- Wellness Policy revised version - to the SAU 9 executive board April 2020 and to Conway, Bartlett and Jackson boards
- Vaping Unveiled- <https://www.breathenh.org/programs/vaping-unveiled/resources>
Can we request a remote presentation for students and community.
- Angst- Feedback <https://angstmovie.com/>
Research partnering with Building Resilience MWV
- Cell phones in School
 - <https://www.awayfortheday.org/>
 - <https://www.waituntil8th.org/> Encourages parents to wait until 8th grade for cell phone
- Health Care Literacy Initiative - No updates at this time
https://healthandlearning.org/pcp-well-visit-info/?goal=0_9008cd1050-07d8d303e7-1299375857&mc_cid=07d8d303e7&mc_eid=beef2df2eb
- Late start study
<https://abcnews.go.com/Health/study-finds-association-school-start-times-decrease-teen/story?id=69072777>

3. Other: **Suicide Prevention Education Policy** development; discussion regarding video taping training

4. Upcoming Events:

- **Free Mental Health First Aid, SAU and TREE collaboration Conway Professional Development Center, May 7, 2020**

Next Meeting:

Items for Discussion:

SAU 9 Wellness Committee Goals

- Physical Activity Goal (current Draft 12/6/19)

<https://docs.google.com/document/d/1I4txO6l1YruIMTnhWets9egzZXbLwfU6FhXhnjAQa4/edit?usp=sharing>

- Nutrition Goal (current Draft 11/13/19)

https://docs.google.com/document/d/1eCSkgZzy_6UZRwRAtzZSpQxJ1LDuHWrB6WzguXHySA/edit?usp=sharing

- Social Emotional Goal (current Draft 11/13/19)

https://docs.google.com/document/d/1q_8j5AWr76Z05Zkf2Wfx-OYwJc1f0_eav2YYzpt2A2g/edit?usp=sharing

Resources:

[NH Public Schools Wellness Policy Checklist](#)

[Local School Wellness Policy Final Rule](#)