

SAU 9 Wellness and Nutrition Committee

May 4, 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 Participants: Caleb Gilbert, Joy Gagnon, Catalina Kirsch, Heather Phillips, Helen Crowell, Jess Della Valla, Jeanne Twehous, Pam Stimpson, Marissa Maitland, Jess Whitelaw, Anne Trumbull

Review Meeting minutes: **Please review all minutes and vote to approve on Friday May 8, 2020**

Feb 3

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

March 2

https://docs.google.com/document/d/1VnVss_HtAg6Zb-Vri8DEqwusHnLLhacqDL1_s5F78c/edit?usp=sharing

April 6

https://docs.google.com/document/d/1FjrfdDuJp0owlk_BLP94fTI06D4yULH451dt7WeULrc/edit?usp=sharing

1. **New Business:** Coronavirus Planning Efforts:

- Ossipee is applying for a grant from NH Charitable Foundation to fund mailing one page resource list to all community residents
- Conversation re: telehealth; Memorial Hospital is receiving on average 4 additional adults and 4 additional youth

2. **Remote Wellness Promotion Suggestions:**

- Community conversations with medical providers.
 - May 12th 4:30pm - Live forum
 - On FaceBook Live - will have questions prior to conversation and the opportunity to have live Q&A via chat function
 - Send questions to Heather by Friday, May 8th - "Message From Your School Nurse;" ideally 9 questions from students via each school office; focus - general wellness; to high school students via HOSA and Health class
 - Ask Your Doctor/Students Ask Your Expert
 - SAU 9 School Nurses will develop a message
 - Heather will create the event on the Building Resilience MWV FaceBook page
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- Vaping Unveiled: Breathe NH <https://www.breathenh.org/programs/vaping-unveiled/resources>
- Email received today - Vaping Unveiled will be released virtually
 - Need to know Audience - Students
 - Platform - FaceBook Live event; linked as assignment for classes with assessment
 - Date
 - Time Frame - by the end of May 2020 (week of May 18th)
- Will ask Marissa to follow-up to their email
- NH Coalition Against Domestic and Sexual Violence [NotAlone](#)
- Angst the Movie-
- [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

3. **Old Business:**

- Wellness Policy revised version - to the SAU 9 executive board April 2020 and to Conway, Bartlett and Jackson boards

- Suicide Prevention Policy
- 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>
- Website http://www.sau9.org/district/wellness_nutrition_committee

Next Meeting:

Items for Discussion:

SAU 9 Wellness Committee Goals

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

<https://docs.google.com/document/d/1I4txO6l1YruIMTnhWets9egzZXbLwfU6FhXhnpjAQaI4/edit?usp=sharing>

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

https://docs.google.com/document/d/1eCSkgZzy_6UZRXwRAtzZSpQxJ1LDuHWrB6WzguXHySA/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](#)