

SAU 9 Wellness and Nutrition Committee

June 1, 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:

Review Meeting minutes: **Please review all minutes for final approval June 1st.**

Feb 3

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

March 2

https://docs.google.com/document/d/1VnVss_HtAg6Zb-Vri8DEqwusHnILhacqDL1_s5F78c/edit?usp=sharing

April 6

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

May 4

<https://docs.google.com/document/d/1uyyUBMHXy-JZjF-oYb7dIHUIVROgtGWDNC-wbwml29g/edit?usp=sharing>

1. New Business:

- Coronavirus Planning Efforts:
[SAU9 developing Re-entry subcommittee](#)
- **June 4th, 3:30 p.m.**- Conway Public Library will be hosting **Vaping Unveiled** from Breathe NH email Tessa Narducci at tnarducci@conwaypubliclibrary.org to join the event
<https://www.facebook.com/events/762427504565095/>

2. Accomplishments

- Wellness Policy and Goals revised - **will be presented to SAU 9 executive board September 2020 and to Conway, Bartlett and Jackson boards**
- Suicide Prevention Policy - Approved by boards JLDBN
<http://sau9.org/common/pages/DisplayFile.aspx?itemId=14658128>
- Youth Mental Health First Aid Offerings
- Choose Love SEL curriculum presentation
- Community Partnerships: Let's Go 5210, UNH Cooperative Extension, Building Resilience MWV, C3PH
- Community conversations:
 - **May 28th 5:00 p.m Ask the Expert: Youth Mental Health**
 - **May 12th 4:30pm - Ask the Expert: Ask Your Doctor**

3. Old Business

- Cell phones in School
 - <https://www.awayforthe day.org/>
 - <https://www.waituntil8th.org/>
- Health Care Literacy Initiative
https://healthandlearning.org/pcp-well-visit-info/?goal=0_9008cd1050-07d8d303e7-1299375857&mc_cid=07d8d303e7&mc_eid=beef2df2eb
- Later start times to promote better sleep in adolescents
- SEL Movies: Angst and Resilience
- Website http://www.sau9.org/district/wellness_nutrition_committee

Next Meeting: August 17, 2020 Time t.b.d

Items for Discussion:

SAU 9 Wellness Committee Goals

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

<https://docs.google.com/document/d/1I4txO6l1YruIMTnhWets9egzZXbLwfU6FhXhnjAQaI4/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](#)