

SAU 9 Wellness and Nutrition Committee

March 1, 2021

2:30 -3:30 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:

1. **New Business: Change of meeting time to 2:00-3:00pm**

• School Update:

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• Community Partner Updates:

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2. **Screenager screening** - Catalina has funding; partner with Building Resilience and SAU 9. Please review the links below for consideration of offering to families and students. Discussion about necessity of screens during the pandemic and the effect the program may have on parents who feel guilty about the amount of screen time for their children. Should we consider holding off on offering until later in spring.

- <https://vimeo.com/357620460>

- <https://www.screenagersmovie.com/synopsis#:~:text=Delaney%20Ruston%20takes%20the%20conversation,our%20schools%20and%20homes%20to>

Update:

3. **Wellness Goal Review**

- Committee will review wellness goals utilizing corresponding assessment sheets and resources provided by Joy listed as Wellness Basics and SMART school wellness goals under Resources in minutes.. Sub groups formed to review and report findings at the next meeting on February 1st.

- a. **Physical Activity** - Heather, Jeanne, Molly

- b. **Nutrition** - Jess, Joy, Pam C-S

- c. **Social-Emotional** - Barbara, Catalina, Kim P, Pam S.

4. **Accomplishments**

5. **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 - Joe Lentine and Randy Davison; Jess will get more information; Molly would like to be involved

- SEL Movies: Angst and Resilience

- Website http://www.sau9.org/district/wellness__nutrition_committee- Needs Updating.

**Next Meeting: April 5, 2021 2:00-3:00 p.m. zoom link to follow
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_6UZRXwRAtzZSpQxJ1LDuHWrb6WzguXHySA/edit?usp=sharing

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

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

Resources:

[NH Public Schools Wellness Policy Checklist](#)

[Local School Wellness Policy Final Rule](#)

[Wellness Policy Basics- UNH Cooperative Extension, August 2018](#)

[SMART School Wellness Goals](#)