

SAU 9 Wellness and Nutrition Committee

March 7, 2022

3:00-4:00 p.m. Zoom

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: Lauren Orsini, Caleb Gilbert, Catalina Kirsch, Richard Girouard, Charlotte Helvie, Ryan Mayo, Pamela Clay-Storm, Jeanne Twehous

Review Meeting minutes: Not Available to review.

1. New Business:

School Update:

- Food Services -Elementary schools 50% of school meals are being served in the cafeterias and 50% in class, KMS- predominantly bag lunch, KHS- full cafeteria operations. Numbers served are consistent; continuing with free meals; waiting for a decision on next year for continuation of free meals. Expressed importance of application for free/reduced lunch to be completed. Stressed education to families
- COVID- Schools have adopted updated NH public health guidance; mask optional. So far numbers have remained low; monitoring for any increased transmission. Small percentage of students/staff choose to wear masks; seems to be accepted socially by peers; students and staff returning after positive must wear mask days 6-10 per nh dhhs.

Community Update:

- C3PH- Demand for Covid vaccinations down; Victoria Paige shifting to address other needs; remain ready to re-engage if need arises, Kim Perkinson has moved on; hiring for her position; PHAC meets Thursday; Shared Rapid Response Crisis Line, DHHS Icare, 988 National Mental Health Crisis hotline to roll out in July. See links below to share
- <https://northernhs.org/wp-content/uploads/New-Hampshire-Rapid-Response-Access-Point.pdf>
- <https://www.dhhs.nh.gov/icare/index.htm>
- <https://www.youtube.com/watch?v=M6BPxH09tqU&t=2s>
- Catalina- Youth Suicide Prevention C3PH partnering with NAMI NH to identify train the trainers. Goal is to have a pair of trainers in each of the 3 districts in Carroll County. Hope is to identify appropriate staff members to attend to provide staff suicide prevention training. Additionally, review of school policies r/t suicide prevention.
- Substance misuse prevention- [State of Tobacco control State Policies](#) shows NH is not doing very well compared nationally. C3PH developed two flyers to extrapolate data from YRBS. [The Intersection of Youth Mental Health](#) and [Substance Use and Setting Expectations and Limiting Access: How Parents and Trusted Adults can prevent youth substance use](#). YRBS provides reliable data as shown by trends over time.
- Children's Unlimited: Addressing Lead Poisoning, Trauma Informed Services, Providing family supports including mental health access; grocery; gas etc. Connecting families to resources

2. Wellness Goals Update- **Conway Policy Committee requested this committee review the current wellness policy; refer to sample NH School Board Association policy to consider. Subcommittees to cross reference goals with content in the sample policy and to share any suggested edits to current policy language.**

- a. [Physical Activity](#) -
- b. [Nutrition](#) -
- c. [Social-Emotional](#) -

Next Meetings: May 9th, 2022 3-4 p.m. (*note 2nd Monday)

Agenda/Items for Discussion: Wellness Policy recommendations from subcommittees