

CSD Wellness Committee Meeting Minutes
Monday December 11, 2017

Attendees: Lamperni Ahlfeld, Leslie Barry, Haley Earl, Donna Reynolds, Michelle Smith

We welcomed two new attendees to the meeting, Lamperni Ahlfeld, Food Service Assistant at CHS, and Haley Earl, Extension Teacher, Nutrition Connections, Merrimack County UNH Cooperative Extension.

November 1st Presentation: There was a brief recap of the November 1st informational meeting. Michelle asked if parents had been notified of the meeting. Donna said she had requested that the information go out in the district parent letter and was told that it would. When Michelle had met with the PTO they were unaware of the meeting.

School Based Wellness Committees: We discussed the School Based Wellness Committees (SBWC) and if anyone knew of any schools that had formed one. Leslie said there is one being formed at CHS. Leslie shared her google docs that she had created for each school. The intent is for the School Based Wellness Committees to use these to communicate wellness activities that are taking place at their schools. We also discussed steering anyone having an interest in district wellness toward the SBWC. Donna said she would ask for guidance from the DOE on the proper procedure to follow.

There was a suggestion for wellness committee information to be included in the principal newsletters and to have the SBWC coordinate that.

It was also mentioned that we develop rules of etiquette for the SBWC.

Donna will send an email to the attendees from the November 1st meeting and also Michelle's 5210 contacts, including the google docs that Leslie developed and encouraging them to be the point person at their school for the SBWC.

5210: Michelle met with staff from the four elementary schools to discuss the 5210 plan.

The goal is to choose activities that would work district wide and have the roll-out ready for Spring of 2018. Michelle will reach out to the PTO's next. There was discussion about having a 5210 Night. Michelle will send the minutes from her meetings to participating staff.

Website redesign: Donna shared updates to the district website, wellness committee info. It was mentioned that the Wellness Policy info should be on the district page and included in the CHS Crimson Notes.

Food Service Administrative Review: Donna shared a checklist from the upcoming food service Administrative Review from the DOE, as it pertains to wellness policy compliance.

Webinar: Stacey Lazzar, Project Manager for Safe Schools/Healthy Students Initiative, shared information on a wellness workshop coming up in January. There was interest in attending.
<http://www.nhstudentwellness.org/nutritiontraining.html>