

Concord School District Wellness Committee Meeting Minutes for September 18, 2017

Attendees: Leslie Barry, Amy Ireland Bourgault, Ann Lanney, Donna Reynolds

The group welcomed Amy Ireland Bourgault to the Wellness Committee. Amy is the Executive Director of NH Hunger Solutions which is a statewide policy and research organization focused on raising awareness and finding long-term solutions to end food insecurity and hunger, particularly among children. Amy will be a valuable member of the group with her experience and knowledge.

Leslie mentioned that Terri Forsten, CSD Superintendent of Schools, gave a shout-out to the Wellness Committee at the Opening Day gathering. Leslie stood up and represented the group, thank you Leslie! After the meeting, Leslie had several staff members express interest in joining our committee.

The most pressing agenda item was the 5210 grant that Michelle Smith from Center for Health Promotion, also Wellness Committee member, is proposing we implement with CSD 4th graders. The group discussed getting permission from Donna Palley to reach out to 4th grade and Health & PE teachers to get some volunteers to meet with Michelle and form an implementation plan. Donna Reynolds will touch base with Michelle and contact Donna Palley for permission to move forward.

There was a discussion on ways to improve public access to the Wellness Committee information. A suggestion was made to add a wellness link to each school's landing page.

Ann mentioned that we should send out some type of communication to CSD staff letting them know that a revised policy has been adopted.

The next agenda item was a discussion on forming wellness champion teams at each school. We could call them School Based Wellness Committees. Leslie volunteered to create a draft email to send out to all district staff, inviting those interested to attend an informational meeting and find out what we're all about. A tentative meeting date is November 1, 2017.

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Next Meeting was TBD.