

Wellness Committee Meeting Notes

December 5, 2019

Meeting Location: Timberlane Regional High School Library

Meeting Time: 4:00pm-5:08 pm

Meeting Participants:

Kathleen Dayotis, Principal Atkinson Academy
Tracy Fuller, YMCA, Community Member
Susan Rasicot, Timberlane SLT member
Susan Sherman, Timberlane Regional School Board Member
Laura Dolloff, Atkinson Academy School Nurse
Laura Lipfert, Timberlane Regional Middle School
Amy Van Auken, Plaistow Police Department
Kim DeCristofaro, Sandown North Representative
Sheila Lowes, Timberlane Regional School Board Member
Maura Brown, Sandown Central Representative
John Fratiello, Director, Food Service
Mitch Mencis, Timberlane Regional Middle School Representative

Today was the first meeting of the 2019-2020 school year. The meeting began with sign in of all participants.

The Timberlane Regional School District's Wellness Fair was held on Wednesday, September 25, 2019 at the Plaistow YMCA 12:00pm-5:30pm. The overall feedback of this event was positive. Senior Citizens from the community attended this fair and provided positive comments regarding the variety of vendors participating in this event. We had 61 vendors participate and more have expressed an interest for the upcoming Wellness Fair in 2020. The Blood Mobile was a solid success as there were expected to be 20 donors and the final number was 40 donors. The parking was sufficient and able to accommodate the event participants.

The members feel that a necessary target will be to market family participation as well as keep the time later so that students participating in fall sports would be able to attend the vendor fair as well. Some of the ideas to target families would be to provide the participation of Health Classes at the Timberlane Regional Middle School. This would set the interest level as students transition to the high school. We also will include a Facebook Post of the Fair to increase the awareness of the next Fair event in 2020. Another idea was to have raffles that would have students want to attend this event.

Our next Timberlane Regional School District Wellness Fair will be September 23, 2020 at the Plaistow YMCA. The Fair will be held from 12:00pm-5:30pm. The Sub-committee members are Mitch Mencis, Kathy Dayotis, Tracy Fuller, and Susan Rasicot. Susan Sherman also took a moment to commend Joan Fredericks for her participation over the years and being a Champion of this event for a number of years.

The Wellness Committee will meet two more times this year. The next meeting will be Thursday, March 5, 2020 and Thursday, May 7, 2020. The meetings will be held in the Timberlane Regional High School Library at 4:00pm-5:00pm.

The meeting then transitioned to focus on the building level Wellness Activities for the year:

Sandown North Activities:

- 1) Tuesday, November 26, 2019 the staff and students participated in a Wellness Walk. This walk was brief and lasted 15 minutes. Students and staff commented on how much they enjoyed this event. There have been requests to do this again.
- 2) In December, the students will participate in Soul Collages. These collages will have pictures and words that will reflect their feelings. This event is similar to a paint night.

- 3) Mindfulness has been offered to staff. One of the Sandown teachers was able to secure a grant to promote this activity to support healthy habits
- 4) Field Day was held in September team building activity
- 5) In February a Heart Healthy Night will be held at Sandown North. Smoothies will be made with Coconut Milk for the students to try.
- 6) Teachers also held a Healthy Snack event. Pictures of students eating healthy snacks are then shared in the classroom.

Atkinson Academy:

- 1) The students at the Academy have color snack days. Students bring in snacks that are the stated color day.
- 2) Students and staff have participated in early exercise and Biggest Loser weight loss activity
- 3) There is also a weekly staff salad day
- 4) Children's Yoga events are also taking place
- 5) Girls on The Run event was held on November 16, 2019
- 6) A focus on the school value of Kindness is shared during morning announcements
- 7) There is also a district activity of a chef visiting the students and doing demonstrations for the students
- 8) Atkinson has a Walking Club: Students are doing laps around the upper field
- 9) School Nurse is providing Blood pressure screenings on a regular basis

Timberlane Regional Middle School

- 1) The building holds Wellness Wednesdays. This event shares recipes that are healthy and promote healthy eating.
- 2) Brain Breaks are held on a weekly basis. This activity is done during the advisory period
- 3) Yoga is also offered to students
- 4) Motivational Mondays. This activity is generated by students and presented to students
- 5) A Screen Free Week Challenge will also be held during the school year
- 6) Tuesday is designated as a try a new vegetable day. Staff continue to also participate in the Biggest Loser activity.
- 7) Health Trust Contest
- 8) Brownies made with different ingredients to promote lower fat options
- 9) Staff meetings include a Mental Health minute. Staff are encouraged to do an activity each day.

High School Events

- 1) An eating challenge that is supported by the HealthTrust program

Sandown Central School

- 1) Wellness Wednesday is celebrated with donations from local businesses.
- 2) Kindergarten students participate in Yoga
- 3) June will be the month that the Field Day event is held
- 4) The students are focused on the Little Owl vision
- 5) Healthy Snacks are a focus at the building level

District Wide Activities:

Our Lion's Club provide support for our Powerpack program. This program provides students with meals and snacks for the weekend. There is a significant commitment by teachers and staff to make sure every child has food over the weekend when school is not in session.

Share Take Bin: Students may not want to eat all of the food on their school lunch tray. A bin is placed in an area of the cafeteria to allow students to share the food they are not able to eat with someone else who may desire the food.

There is a desire by members to look at ways this important program can continue funding through new ways.

The Plaistow Y has several programs that would be appropriate for our students.

Thanks to funding through SOROCK there is a Ninja course for students

The Basketball League will also start up on Saturday. There is also a focus on expanding the intramural sports program.

The Y is following a program of developing every child to be an asset builder. Through a partnership with the Exeter Hospital partnership.

There will also be a focus on strength trainer for younger students.

The Y is also running a Step It Up program: Students are getting a pedometer for tracking their steps and setting goals.

The Y will also be providing a pass program for staff to try out programs.

The Y will once again hold an Education Recognition Night on February 11, 2020. This event will be held at Tuscan Kitchen in Salem, NH. Forms will be provided to staff.

The Y would also like to participate in our Field Day events. Please reach out to the Y staff in Plaistow for your Field Day events.