



Timberlane Regional School District Minutes

Type of Meeting	District Wellness Committee
Date	1/11/23
Facilitator	Mark Pederson
Attendees	Mark Pederson, Shauna Manthorn, Maria Kendall, Kim DeCristofaro, Maura Maher, Rici Shoevin, Ginger Drechsel, Fran DeCinto, Debbie Husson
Agenda	HealthTrust Representative/presentation, Building Level Wellness Committee reports
Notetaker	Debbie Husson/Fran DeCinto

Approval of minutes from 10/12/22
Notes: Meeting called to order
Motion to <i>Approve</i> by: Shawna Manthorn Seconded by: Ginger Drechsel
6 in favor; _0_ opposed; _2_ abstentions

TOPIC: Update on Slice of Life/EAP Program - HealthTrust /Representative Presentation	
Discussion:	<p>Debbie Husson and Maria Kendall updated the committee on several of the changes to the Slice of Life and EAP programs, as they attended training on 1/9/23. There are changes to the Slice of Life program, which is now through Virgin Pulse. This is available to all employees who are insured through HealthTrust. Previously, if an employee participated in wellness challenges, the employee would receive a check for participating, the new program now awards points. These points can be redeemed for cash cards, gift cards, merchandise, or can be donated to a charity. These points are cumulative and can be carried over quarter to quarter, year to year to be accumulated for larger incentives. In the near future, employees will have the ability to invite up to 10 friends who are not insured to participate in competitions, although the participants who are not insured will be unable to earn points.</p> <p>The EAP is available to all employees, covered spouses, and retirees. The EAP offers Confidential Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources, Online Support, Well-Being Coaching, Interactive Digital Tools for Computerized Cognitive Behavioral Therapy. Human Resources has sent out information to all employees regarding these programs. The Slice of Life video has been uploaded onto the Employee Portal, and Debbie will send the video to all insured employees.</p> <p>HealthTrust Representative will come to the facility to facilitate a presentation on the Slice of Life and EAP programs with a 30 day notice if requested.</p> <p>Committee would like schools to keep them informed with any activities they are implementing.</p>



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Conclusions:	Informational discussion on changes	
Action Items		Person Responsible / Deadline
	Slice of Life video to be sent to all insured employees	Debbie Husson
	Contact HealthTrust Representative to schedule Lunch & Learn on PD day of 3/28/23	Debbie Husson

TOPIC: Building Level Wellness Committee reports

Discussion:	<p>Kim DeCristofaro stated that Sandown North has implemented committee meetings to plan the following activities:</p> <p>Walking Club</p> <p>October 2022- Social emotional learning</p> <p>November 2022 - Soup and salad day and turkey trot for staff and students</p> <p>December - Self-Care - Consisted of Zumba class, conditioning/boot camp class, 15 minute stretching during special classes, health snack creations for the students where they created healthy kabobs, stop, drop and read</p> <p>January - Eating a healthy snack, where a teacher designates a day where the students bring/eat a healthy snack and their pictures are taken and displayed holding their snack. Playing gaga ball</p> <p>February - Heart Health Day, jump rope and basketball, rhythmic gymnastics for students, yoga for staff</p> <p>March - The whole school will plant marigolds and the students will take care of growing them and they will be planted in May. Pickleball</p> <p>April - Smoothie day, and Girls on the Run</p> <p>May - Field day (May or June), end of the year all school dance party</p> <p>Maria Kendall of Danville:</p> <p>Danville is in the process of revamping the wellness program</p> <p>February - Healthy breakfast</p> <p>March - Hydration challenge, Tutti Frutti Tuesdays where the students are encouraged to eat fruit and vegetable. They have changed this to a class basis. Continuing with Girls on the Run and looking into other organizations that is for boys.</p> <p>Patti Mangini - High School:</p> <p>January - Starting a healthy challenge end of January through April where staff can join and pay \$20.00. Weigh in each week, staff will receive healthy eating tips and recipes and can meet at lunch to walk around the building. Half of the money goes to the High School Garden Club to help pay for seeds for the spring planting. The rest will be split by the 1,2,3 staff who lose the largest percentage.</p> <p>February - Heart awareness email with tips on how to keep your heart healthy. Apples will be placed in the staff lounge and some heart shaped dark chocolate in staff mailboxes. Whitson did a</p>
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	<p>great Thanksgiving dinner for students and staff. Planning on doing a themed dinner for students and staff around Valentine's day</p> <p>March - Running "Pay it Forward", where staff will sign up and we will email on them on Monday with simple tasks to do on a weekly basis or for the whole month. Details still pending.</p>	
Conclusions:	General Discussion	
Action Items	None	Person Responsible / Deadline

TOPIC: Next Meeting		
Discussion:	<p>Next meeting will be held 4/12/23 at 4:00 pm</p> <p>Items to discuss:</p> <p>Wellness Policy - District compared to NH School Board Association - Make recommendations - Bring to Policy Committee for review, then to School Board to adopt it.</p> <p>Reports from each building</p> <p>Wellness for student's mental health - recommend to School Board</p> <p>Investigate if surplus food can be distributed to children in need/violations</p>	
Conclusions:	N/A	
Action Items		Person Responsible / Deadline

Observers	N/A
Resource Persons	
Special Notes	Meeting adjourned at