



Timberlane Regional School District Minutes

Type of Meeting	Wellness
Date	10/12/2022
Facilitator	Mark Pederson
Attendees	Kim McCormick, Ricci Shovein, Ginger Dreschel, Katrina Manning - HealthTrust, Deb Husson, Kim DeCristofaro, Kate Sherman Desrochers, Shauna Manthorn, Laura Dolloff, Fran DeCinto
Agenda	Review Policy, Set Goals
Notetaker	Fran DeCinto

Approval of minutes from
Notes: Meeting called to order
Motion to <i>Approve</i> by: Seconded by:
__ in favor; __ opposed; __ abstentions

TOPIC: HealthTrust Advisors - Information on programs and their role	
Discussion:	<p>Wellness Coordinator Academy - Funds to host wellness initiatives - HealthTrust to come in to present on programs. Can be 45 or 15 minute sessions depending on our desired timeframe. Can come into schools to provide information on how to best utilize their wellness programs - Slice of Life and EAP changing for 2023, would be beneficial to have Katrina come in January to discuss the new changes or she could do a video presentation. If they can't attend the training, HealthTrust will work with new Coordinators on a one on one basis. \$3000 cap on monies we are able to receive if we have 6 Coordinators.</p> <p>The High School presents at the faculty meeting, used to Zoom into the high school meeting. Good idea to present at a PD Day. Full medical overview/wellness.</p> <p>Present Wellness Coordinators are Patti Mangini - TRHS, Sharon Skinner - Sandown North, Laura Lipfert - TRMS, Laura Dolloff - Atkinson Academy, Kate Sherman Desrochers - Pollard, Deb Husson - SAU</p>
Conclusions:	Will try to coordinate Katrina coming in to present in January
Action Items	Person Responsible / Deadline



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TOPIC: Committee Business	
Discussion:	<p>School Board Policy JLCF - No students on the District Committee. Former members of this committee send names to Mark and he will invite them to attend our meetings - maybe Facilities, Cafe, etc.</p> <p>Need to update the Board policy - compare it with the NH School Board Association Policy and NH DOE Guidelines and federal guidelines. Deb and Fran will assist and send them to Mark.</p> <p>Motion by Kate Sherman Desrochers to adopt to the mission and smart goals as read - Deb Husson seconded the motion.</p> <p>Send our mission statement to the School Wellness Committee</p> <p>Standing Agenda Item - Building Wellness Committee. Will provide updates to our Committee</p> <p>No meeting at Sandown North yet</p> <p>Wellness Activity Ideas -Patti Mangini suggested doing a road race for TRHS. TRMS does a lot of after hours activities for the employees, healthy recipes. Lots of “really cool” things happened in the past and will happen in the future. Every school have a District wide Wellness Day.</p> <p>Mental Health - Ginger - network with providers to provide assistance to students and families - remove barriers to access mental health assistance.</p>
Conclusions:	Need to try to recruit for Wellness Coordinator for Danville and TLC
Action Items	Person Responsible / Deadline

TOPIC:	
Discussion:	
Conclusions:	N/A
Action Items	Person Responsible / Deadline

Observers	N/A
Resource Persons	
Special Notes	Meeting adjourned at 1737



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