

Wellness Committee Meeting Minutes
4-12-23

Attendance:

Maria Kendall, Kim DeCristofaro, Myra Maldonado, Patti Mangini, Kate Sherman-DeRoche, Ginger Drechsel, Maura Maher, [Mark Pedersen](#)

Shauna motioned to accept the minutes from
Patti Mangini seconded the motion.

Committee vote to accept:

2 abstentions

8 approvals

0 opposed

- Mark has completed a draft of the wellness policy to submit to the board's policy committee.
 - [JLCF Wellness TRSD DRAFT 4-9-23.docx](#) located in the Wellness Committee Drive
 - The committee discussed taking time to review this draft policy and compare against the School Board Association policy and Timberlane policy JLCF.
 - Committee agreed to review independently and discuss more in depth at our next meeting.
 - Shaua will update the Board regarding the status of this policy update at the next school board meeting
 - Mark reviewed the draft policy and discussed the importance of cross referencing our other policies to make sure there is consistency between other policies that may involve food sales, movement.
 - Water was not addressed in the older TRSD wellness policy and it has been a barrier to getting certain grants for hydration stations. The new policy does include a reference to access to water and hydration stations.
 - Discussion about staff being given a stipend for participating in building wellness committees
 - Mark has applied for a SIM grant to reimburse staff for their attendance at both building level and district wellness committee meetings
 - Discussion about moving the draft policy to the policy committee for a first read
 - Maura raised the concern that the policy does not address mental health
 - TRSD policies were reviewed to determine if mental health was addressed in other policies and did not find that mental health is not explicitly addressed
 - Motion to move the draft of policy by Kim and seconded by Maura
 - Vote 10-0-0 Approved

Mental Health Events:

High School Events:

- Connor's Climb and Reconnection Project will be coming to the high school on 4/20 for an assembly.. Every student 6-12 will have a presentation on suicide awareness
- Stick it to Stigma - encouraging students to climb a mountain, take a selfie with the hashtag to destigmatize mental health
- Katie Pagnotta - parent night talking about child mental health
- March 28th PD focused on mental health
- Charlie Applestein - presentation on "No Such Thing as a Bad Kid"
- Pay it Forward - TRHS program for May promoting Kindness, Gratitude, Be thankful, Happiness - one each week over the month and giving ideas of how to practice
- Elementary schools have a soft start and practice morning meeting daily. The practice involves a greet, a share and an activity around social/emotional topics.
- Elementary has a 6th special where school counselors, health teachers and PE focus on lessons that are SEL focused
- Restorative circles are being used in some elementary schools to support community problem solving

Wellness building updates/activities:

Sandown:

- All school activities day with Stop, Drop and Read, Zumba healthy snack making, and other activities
- January healthy snack month, all students participated in eating a healthy snack and then had group pictures taken, all put into a school slideshow
- Marigold planting for April
- Girls on the Run March-June
- 5th Grade Field Day
- Dance party at the end of the year

Danville:

- Tutti Frutti - kids are graphing how much fruit they are eating every month. If they hit their goal they get an extra recess
- Field day will be a full day this year
- Looking into organizations like Girls on the Run for boys or a group for all students
- Heart healthy breakfast in February.
- Step challenge
- Health Trust Rep came to talk about EAP and all resources that are available
- Hydration station w/fruit and herbs to add to your water

Pollard:

- Salad bar days for staff
- Girls on the Run
- Gardening club will begin soon
- Bike and walk to school day in May

- Run of the Savages

Myra - Food Services:

- Chicken station increasing variety
- Garden club - Myra trying to use local fresh herbs in school lunches
- Last year used tomatoes/herbs from garden club through October last year
- Made homemade tomato sauce last year

Surplus Food:

- Can it be given to students who may need extra food? Due to health concerns and potential spoilage, this cannot be done.
- Food services program is offer, not serve so students do not have to take all food items

Next meeting:

Committee has agreed to not have another formal meeting this school year unless the policy committee comes back with questions or necessary revisions for the wellness policy.

Mark will share out a Google Doc where teams can report out about their wellness activities for May/June