



Timberlane Regional School District Minutes

Type of Meeting	Wellness
Date	1/10/24
Facilitator	Mark Pedersen
Attendees	Elise Pike, Kate Sherman DeRoche, Patti Mangini, Maura Maher, Ginger Dreshel, Jeffrey Modlish, Shauna Manthorn. Kim McCormick, Laura Dolloff, Rici Shovein, Deb Husson
Agenda	Review / Discuss the “Partially” met goals from the Triennial Wellness assessment document Standing agenda item of a report out on the wellness activities from each building Run Other/ New Business from the floor
Notetaker	Shauna Manthorn

Approval of minutes from 10/13/23
Notes: Meeting called to order 4:01PM
Motion to <i>Approve</i> by: Kate Seconded by: Ginger
__8 in favor; _0_ opposed; _3 abstentions

TOPIC: TRSD Triennial Wellness Assessment	
Discussion:	Reviewed partially completed goals of Triennial Assessment
<p>Nutrition Promotion Goal Education-Curriculum is written and more work is being done to enact the curriculum with more rigor and depth Hydration promotion-access to filtered water in all buildings, water fountain portions have been turned off due to Covid Food- promotion of healthy food-partially met, need to check consistency across buildings Physical Activity-additional movement breaks(beyond recess, PE), District support for walk/bike to school(determined this was completed as some school cannot ensure a safe route), Determined that integrating wellness across buildings objective was actually met (both active and passive with activities, guest speakers, currently have staff training to be coordinators in buildings) Annually inform families of the wellness committee policies, and contacts, implementation and engage in activities, school meal information, and smart snack sin school nutrition</p>	



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Conclusions:		
Action Items:	<ul style="list-style-type: none"> Clarify movement breaks at the high school level Ask maintenance/facilities to turn on water fountains on the water filtration stations in buildings 	Person Responsible / Deadline
Motion to approve: N/A Seconded:	Ginger-water Maura-movement breaks	

TOPIC: Reports from Buildings		
Discussion:	Wellness Initiatives across district buildings reported on by building reps	
<p>HS- Steps Challenge was well received, gift cards given, Wellness Fair for Staff and Students on Mental Health being planned, grade 9-suicide curriculum was initiated, plans continuing for 7th grade, CLM relationship is improving with communication</p> <p>SAU- physical trainer to come do events, MH bingo, walking club, 5K challenge out in the community</p> <p>Pollard- trail mix bar for staff(healthy snacks), May wellness day planning in the works, PTA partnering to do color run in the fall, staff wide Rock/Paper/Scissors game, Run of The Savages in April</p> <p>Atkinson- Girls on the Run in the fall, color of the month fruit/vegetable, Lets Get Moving, walking club for adults after school, weight loss club</p> <p>Sandown-information not available, member needed to leave early, could not report</p> <p>Danville- secret buddies continues, 12 days before vacation(staff)- find items/games for stress relief, Flora is taking over to increase activities soon</p> <p>Middle School- weight loss challenge (The Biggest Loser) for staff,</p>		
Conclusions:	Activities continue and are very creative and well attended/engaged	
Action Items	Person Responsible / Deadline	

TOPIC:		
Discussion:		
<ul style="list-style-type: none"> 		
Conclusions:	N/A	
Action Items	Person Responsible / Deadline	



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Observers	N/A
Resource Persons	
Special Notes	Meeting adjourned at 4:52PM

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