

Health and Wellness Committee Meeting Minutes
Monday 01/08 2018: 3:00-4:00 pm
Farmington High School Library

In Attendance: Dawn Curtis, Alissa Cannan, Angela Bigonia, Ashley Ciampa, Katrina Mochamps

Old Business:

Priorities:

- Valley View: N/A
- Henry Wilson: Met with Cori and were surprised as to how much they have done. They have put a blurb in the monthly notice to make staff aware of what the committee does.
- FHS: Dawn and Marianne met with Cori and reviewed the curriculum packet. We are working on curriculum development. There is new lead on a CPR Instructor for a much lower price. We will add Bob and Ashley to the list. A presentation on Alcohol Awareness was done in the Wellness Classes. Holiday Food/ Winter Wear Items were distributed to the Farmington community.

Spring Fling Wellness Fair (04/05/18): To be discussed next month

New Business:

Dates for 2018 events and meetings: All meetings start at 3:00 pm. Event times are noted.

January 29: 4:00 to 7:30 pm for Coordinated School Health Learning Collaborative at Goodwin Community Health

February 5: Committee Meeting at Valley View

March 12: Committee Meeting at Henry Wilson

March 30 9:30 to 1:00 pm Know the 5 signs of Mental Health at Wentworth Douglas

April 5: 5:00 pm Spring Fling / Health and Wellness Fair at Henry Wilson

April 16: Committee Meeting at FHS

May 14: Committee Meeting at Valley View

June 4: Committee Meeting at Henry Wilson

The next meeting will be on February 5 at Valley View at 3:00 pm.