

Meeting Minutes  
Health and Wellness Committee Meeting  
May 14, 2018  
3:00 in VVCS Conference Room

Attendance: Ruth Ellen Vaughn, Angela Begonia, Sarah Gould, Dawn Curtis, Alison Williams, Elisabeth Hill, Diana Denitto,

Wellness Fair:

2018 Wrap-up:

Ideas for next year: Check with Marianne for folder of information for updates on Wellness Fair. Tables, vendors, information that has been updated.

Starting earlier in the school year - December to start getting things together to make it easier. Ruth Ellen suggested to have signs made for the location of the event. Directing families to the MPR for the vendors - in the lobby and doors.

Superintendent Meeting:

Looking at the wellness committee as a whole - what is REV looking for in a wellness committee? What makes the most sense for the school district vs. looking at the other 3 districts?

Ruth Ellen thinks that it is important that the message that is being given to the district/teachers is cohesive and that we look at who is owning what - how do we make it more doable for teachers/staff.

DARE - there was not an officer available to provide the curriculum in the immediate area. There is money earmarked for either DARE or LEAD - depending on whichever program we can get the SRO trained in first is the one that we will use.

Moving forward - we need to look at what we are embedding this in our curriculum vs giving "one more thing" to do. Looking at making this a lasting thing vs. having it end at the end of the grant/committee

Angela asked if the committee could speak before the start of the school year with all of the staff just to put it out there and let everyone know what the wellness committee is and are doing. REV said to plan on being able to present at the welcome back staff event.

Communication: how should the wellness committee communicate what is going on? Email minutes? Meeting invitation?

Health Curriculum: Saturday May 26th and one date in June - CPR training at Fire Department. Free for the class and a small fee for the certification cost.

Community Resource list for families - something for guidance counselors to hand out and put on the website for families. Any resources that are local to the community to help. REV mentioned talking to Erica at the Town of Farmington Welfare office to see if she has anything electronically

Alison discussed the larger information packet that the guidance counselors have already - this is a larger document. If we put it on the SAU61 website this might be more user friendly for parents, families, and community members. Look at making some varied brochures depending on the need.

School Updates:

VVCS- Alison was able to get water bottles for every student from Wellsense for the warm weather season

Report for Superintendent and School Board:

Look at giving a report either prior and/or after the wellness fair to let the board know what is going on, coming up, and ask any questions. Angela was thinking of trying to get to a meeting in the first board meeting in February ( after the deliberative session) time frame to give wellness fair information, updates, news.

Next Meeting: June 4, 2018 at HWMS 3:00pm