

Health and Wellness Committee Meeting
Monday November 19, 2018: 3:00-4:00 pm
Farmington High School Library

In Attendance: Vicki Nash, Barbara Gardener, Ashley Sheedy, Cora Long, Angela Bigonia, Diana Denitto, Marianne DiTaranto

Updates on Priorities including Health Curriculum:

- Valley View:
 - Recruiting Champions: We need to encourage 2 participants to join us from Valley View

- Henry Wilson:
 - New Website: The website is up and running. The themes per month have been chosen. To find the site go to the Henry Wilson Site and in the right hand corner under other, go to Coordinated School Health.

- FHS:
 - Curriculum Check: Biology students are making connections between homeostasis, and activities. What do we do for Sex Education? Youth Risk Behavior Surveys will be going out in 2019.
 - Community Outreach: The Winter Clothing Drive is underway at all schools.
 - Crockpot Meals: The Slow Cooker Classes sponsored by the UNH Cooperative Extension Strafford County Nutrition Connections will be held from January 11, 2019 to February 15, 2019 at Friends Of Farmington.
 - Coffee with Principal has been well received by the community and the next meeting will be November 29, 2019.
 - Kindness Campaign: A group of Sophomores are choosing slogans promoting kindness to and display in the girls' bathrooms, the boys' bathrooms and the faculty bathroom.

- Wellness Fair Preliminary Planning:
 - Letter for Vendors Approval: Has the PTA looked at a date? Sarah will provide the information from the PTA and Marianne to update the letter once we have the dates.
 - Vendor List: NH Public Health Network and Seacoast Outright have been added to the Vendor's List
 - Lauren Garza will be our new coordinator from Goodwin Community Health. She may have more vendors that we can invite.

Next meeting will be at 3:00 pm on December 10th at Henry Wilson. Going forward so that more can attend, we will meet at 3:00 pm on Monday of the second week of the month unless it is a school holiday and then the meeting will be the following week.