

Health and Wellness Committee Meeting Minutes  
Monday September 10, 2018: 3:00-4:00 pm  
Farmington High School, Rm 211

In Attendance: Penny Morin, Dawn Curtis, Corinna Moskal, Jana Dalton, Sara Oberle, Sarah Gould, Marianne DiTaranto, Angela Bigonia, Diana Denitto (3:40)

Old Business:

- Valley View: No updates available
- Henry Wilson: A website was created for the teachers to find Health and Wellness through CSH curriculum: September is Healthy Habits for School and October is Healthy Choices. Teachers are using it!
- FHS: We are working on our Kindness Campaign to put a slogan of kindness in every stall in the bathrooms including the faculty bathrooms. The students will choose the slogans in Advisory and then they will be laminated and attached to the back of the stall doors as a reminder to be kind at all times.

New Business:

- Slow Cooker Classes: Sara is here for Sue Conant to promote the Slow Cooker Classes. Dawn and Marianne will check with Jane Weymouth to see if there are students interested in volunteering for ELO Credits.
- Wellness Fair Preliminary Planning: Sarah will check with the PTA for a possible date of April 4th, 2019. Once the date has been determined, a future "Save the Date" will be sent to vendors. Jana will check with Cooperative Extension to see if there is a Smoothie Bike we could use for the fair.
- Learning Collaboratives: An October Learning Collaborative at Goodwin Community Health is planned. More information coming soon.
- School Care News: School Care would like to be advised of any wellness events for employees that they might be able to attend to explain any benefits or healthy opportunities available. Jana, our contact, would like all employees to be aware of their benefits.

Dates and locations of the 2018-2019 meetings to be held on the third Monday of each month:

- October 15th, 2018, 3:00 - Henry Wilson
- November 19, 2018, 3:00- Valley View
- December 17, 2018, 3:00- FHS
- January 28 , 2019, 3:00- Henry Wilson
- February 18, 2019, 3:00- Valley View
- March 18, 2019, 3:00- FHS
- April 15, 2019, 3:00- Henry Wilson
- May 20, 2019, 3:00- Valley View
- June 17, 2019, 3:00- FHS