

**Health and Wellness Committee Meeting Minutes**  
**April 8, 2019 3:00 - 4:00 PM**  
**Henry Wilson Memorial School Library**

In attendance:

Angela Bigonia, Penny Morin, Susan Conant, Diana Denito, Janna Mellon, Katrina Mochamps, Ashley Sheedy, Ashley Wright, Marianne DiTaranto

School updates:

HWMS--there is an ok to send out the survey.

FHS--no champions in attendance during update time

Wellness Fair debrief

- Some people in the community are saying they weren't invited. Next year Penny will volunteer to make all of the contacts.
- There was a big issue with not using the resources like google docs for updating information.
- People did not use the checklist that was prepared
- It was suggested that students have a photocopy of the flyer sent home
- Looking for more ways to get the word out to the students
- Valley View put the information in their newsletter
- Those people running the gym indicated that turnout was lower than last year.
- Trouble-shooting the google sheet
  - There were a lot of second letters sent to vendors--McNulty was on one google sheet and not the other.
  - Notes in document that were confusing
  - How were vendors vetted? The group looks at the vendors' jobs and wellness committee members contribute--Options in Dover was problematic and should not be invited back unless Planned Parenthood is also invited. We should do a final vetting of vendors' tables
- Mission statement for the Wellness Fair?--this might help to provide information to vendors

Publicity

- The event was on the announcements in schools
- Put onto facebook page for schools and Farmington
- The fair was on the PTA facebook page
- There had been talk in the past of holding the fair at the same time as the family engagement night
- Have the night at Valley View
- Put out craft fair like signs in the community

- There was a question of whether there would be any \$ for this. Ashley stated she only just looked at her budget. Ashley stated that she would look into it--Moose Brooks Signs by Bruce Hunter in Middleton would be a good place to these signs.
- The Health and Wellness Fair will be April 9, 2020 from 5-7 PM
- Suggestion to come up with an elevator pitch for telling vendors what it is about and telling citizens
- Decorating doors for health and wellness week
- One ingredient snack week
- Public Health Awareness--create a theme
- Room was warm--tables down the hall was not ideal

Date will be April 9, 2020

Invite letter send 1/2/2020

Start calling vendors 1/15/2020

Reminder letter 3/25/2020

Thank you letters to TD Bank and staff who helped to clean up

Wellness Policy review

- The first bullet under observations is the area that Wellness Committee will focus on with the help of Sarah Oberly
- Penny brought Barrington's Wellness Policy
- Next month the group will focus on findings that resulted from the audit

Advisory Board

- Joe does have a copy of the policy and he does come to the May meeting

**Next Meeting at FHS on May 13, 2019 from 3-4 unless otherwise noted**