

Health and Wellness Committee

Monday, June 4, 2018 ~ 3pm – 4pm

In attendance: Angela Bigonia, Angela Cardinal, Susan Conant, Dawn Curtis, Sarah Gould, Marianne DiTaranto, Jana Dalton

School Check-ins:

FHS

- Just finished putting everything together for next year
- Game plan for next year – worked on strategies for working together for next year; Dawn has had a problem getting information that sometimes gets said at staff meetings. Common to paras that leave at 130.

Henry Wilson

- Began working on a website for advisory activities – first month – heathy habits for school, October will be Substance use/misuse

Valley View – not present

Community resource guide

- Angela B. brought an example from Dover
- Dawn will use the resources we have and will bring a rough draft for us review in September

Champion Check-in

Cori asked us to discuss who was continuing on as Champions

- Both champions at FHS and at HWMS will continue on as champions
- Angela B. will check in with the two Valley View champions as they are not present at the meeting
- When we send out the minutes from this month, we will ask Alison and Liz if they are continuing (and to respond to the email).

Meetings for next year

- There is interest in having a regularly scheduled meeting (ie – the first Monday of the month)
- Decided on the second Monday of each month that school is in session. If school is not in session, we will meet on the third Monday of the month.
- First meeting will be **September 10, 2018 at 3pm at FHS.**

First staff day in August

- Brief synopsis of Coordinated School Health as a whole
- Angela C. will reach out to Penny Morin (the school board rep) to ask about her interest in giving the whole program synopsis
- Introduce champions for each school

- Each school will give a synopsis of what they will be implementing at the school.
- Encourage people to reach out to champions with questions/interest

Other:

Angela B. has made a folder for the champions to share documents with. Included in the folder is an email list for us to use when sending out notices, etc.

Jana Dalton from School Care

- Offered to answer any questions regarding the end of the plan year
- Open enrollment is ongoing
- Jana is willing to come back to speak again regarding open enrollment if we need it
- Her general understanding is that the EAP (Employee Assistance Program) is under-used
- It would be beneficial for School Care to come in and do a presentation about benefits
- An idea was to put together an open house style event for staff to come and learn about benefits

Susan Conant from UNH Cooperative Extension

- There is a cooking class (crock pot curriculum) in the works for Fall (at Friends of Farmington)
 - It will be a healthy, economic crock pot meals.
 - Six families – minimum age of 5.
 - Income qualifications – as long as they are receiving SNAP or EBT.
 - Getting crock pots has not been an issue in past groups
 - End 68 Hours of Hunger may be able to partner with us to get donations for food, crock pots, etc.
- Valley View fell off eligibility for the UNH cooperative extension programs, because we do not have a high enough percentage of free / reduced lunch. Henry Wilson continues to qualify.

Modeling sustainable practices

- There was a discussion of ways we can better model sustainable practices in the schools