

## Oyster River Cooperative School District – District Wellness Committee Meeting Tuesday, September 26, 2019 - 3:45pm in the HS office Conference Room

**Present:** Todd A., Theresa P, Doris D., Todd A., Al H., Kim W., Kim Felch, Katherine M., and Jesse M.

**Meeting Called to Order at:** 3:45pm by Todd Allen. Todd thanked Kim Wolph for accepting the role as Chair for the committee.

**Introductions:** The group members introduced themselves.

**Student Representatives:** Kim W. advised that the High School student reps for the 2019-2020 school year, were unable to attend this meeting due to previous commitments. They will attend future Student Wellness Committee Meetings.

**Bobcat Wellness Survey:** Jesse was asked by Todd to ready the results of the survey done in May to share with the School Board at their November 5th meeting. Jesse reported that the HS student participation was up again this year and the Middle School also did a great job, as Eileen had a very effective process in place. Al asked what the purpose of the survey was. Jesse responded by stating that initially the survey was to track overall student wellness. It was decided, before the first survey was conducted, to add the sleep component as the late start was just being implemented at the MS and HS. It was noted that we really need to review the results of the surveys taken to see if the late start has made a positive impact on the MS and HS students. Jesse feels we have enough data now to review prior to considering any changes. Katherine M. suggested that we look at the Elementary start times, as the younger student's drop off times vary by up to 15 minutes, causing difficulty getting breakfast in and causing late starts with teaching, as the teachers need to wait until all students are present before beginning instruction. Todd noted that time is always a common denominator at all the buildings.

**Mental Health:** The mental health committee representatives were unable to attend this meeting.

**Policy:** The group discussed putting together a sub-committee to write some easy to read notes on what is allowable for parties, field trips, and other gatherings where food is present. Thus the creation of the P.I.G (Policy Instructional Guidance) sub-committee. This group will meet to create an easy to follow list of District policy information that will allow quick access to parents and staff members as to the nutritional do's and don'ts in various situations.

**District Wellness Committee:** Theresa expressed confusion as to how our Wellness Committee is defined, as this committee is not feeling like a District Wellness Committee, it is still feeling like a Student Wellness Committee. We decided to clearly define District Wellness as three separate committees: Employee Wellness, Student Wellness, and Mental Health. It has been decided that all three committees will meet on their own monthly, and then a representative from each of the committees will attend the District Wellness Committee meeting once every quarter to share their committee information.

### **2019-2020 District Wellness Meeting Dates:**

All meetings will be in the High School Conference room at 3:45pm

Tuesday, December 3, 2019

Tuesday, February 4, 2020

Tuesday, May 12, 2020

**Meeting Adjourned:** 4:45pm

**Minutes Respectfully Submitted by:** Theresa Proia