RGS Wellness Committee Agenda
March 30, 2022 - 8:45-9:45 a.m.
Special Ed. office or via Google Meet

Attending: Emily Spear, Jani Mulligan, Celia Leopold, Rich Hartford, Kerri Choate, Katie Krauss, Gail Claverie, Judy Nelson, Joshua Denn

I. **Review of 1-12-22 minutes**

Consensus that minutes look good.

II. **Policy JLCF language change recommendation**

Hartford: We have a school board meeting in about 2 weeks and we should finalize the language changes in the policy that we have been discussing. I have been working with Katie Krauss and Tracey Fitch on rewording the policy based on our past committee discussions. Katie reached out to the state to get answers to our questions.

Krauss: The smart snacks standards applies to anything sold during the school day. If it's not being sold during the school day, these standards don't apply. So for celebrations, parents don't have to meet smart snack standards.

Hartford: Read new recommended language for the celebrations and awards section of the policy.

We can make available a list of healthy foods to send out to families and put online. Healthy snacks will be encouraged, and a healthy snack will be made available in all instances.

Krauss: Tracey mentioned that the cafeteria can make fruit and vegetable available at any time, so that could be an option for celebrations.

Mulligan: They order a week ahead for food in the kitchen, so they will need notice.

Nelson: Seems to me the school should have healthy snacks on hand every day. Is that possible, happening now, or would we want to do that?

Krauss: Tracey told me they are doing that now.

Nelson Then we should be covered for these instances.

Hartford: I will speak with our food service person about this and make sure they are aware when an event is coming up.

Leopold: Need to make sure that we have snacks that meet different dietary requirements such as gluten free.

Hartford: Emily Spear has mentioned the fundraising section. Although anything sold during the school day is supposed to meet smart food guidelines, there is a clause in this section saying that the school recognizes there are instances where we may have a need for noncompliant fundraising sales, and we are allowed 9 such sales during school hours. Also PTO events, school play

concessions, etc are separate from this because these events are after school. Awards are separate from this as well.
Hartford: There are a few places that still say SAU 56. That needs to be changed before presenting to the school board.
Krauss: I will have Alice change it.
Hartford: Celia had noted some formatting changes in the policy. She made a recommendation to add the Rec Committee under partnership programs. Is that the last of the recommendations that we want to make to the school board?
Mulligan: Just to clarify, since this says 'during the school year,' this policy wouldn't affect the summer rec programs, correct?
Hartford: Correct. Unless we offer a summer program and have food.
Krauss: We will change this and present it to the school board for first reading at the April meeting with approval in May.

III. Triennial Assessment Tracking form

A. Final look at goals, notes, status

Hartford: We did a lot of work on the assessment already, but got hung up on the nutrition section. Tracy Fitch from food services went through and added in some of the necessary information. I will go through it myself as well.
Krauss: This has to be presented to the public, so probably at one of the board meetings we should do a presentation and explain the committee's work to meet that standard.
Hartford: We had also mentioned posting it online.
Nelson: It would be good to add a goal under the nutrition section similar to our goals under the physical sections, regarding discussion of nutrition in the classrooms. And I wonder if because we are a grade school if in some places we want to say 'age appropriate' nutrition discussions as it varies by age. I would defer to the teachers as to what would be correct.
Hartford: Maybe I can put that into the notes.
Nelson: Another place we may want to add something: an annual update to the board should be listed under goals. Done either by the board rep or a superintendent designee.
Krauss: There is a place where it says it should be presented to the public, but maybe we could add the board in there.
Consensus to add it.
General discussion to remove any references to 'SAU 56' and change it to 'SAU.'
Question of how do we make sure that these policies and resources are available to the public throughout the year, including any new families?

Hartford: We can include this in the student handbook. Minutes and resources are made available on our website.
Krauss: We could add these minutes to our packet and to the consent calendar to make the public aware of the work we are doing as well.
Nelson: We should make sure that in instances like the section regarding 'food sold,' that we cite any documents or resources that we are referencing, so that people can easily find and access them.
Denn: I agree with you. There is a section where it discusses guidelines, but there is no note of a document for parents to refer back to. Where it references 'healthy snacks,' maybe we can have a note referring parents to the school nurse or to another location to find the documents.
Krauss: We could post the healthy snack guidelines outside the office.
Denn: Is there a database where all of this is parked for easy access?
Krauss: Yes, there is a tab on the website with all of these documents.

B. **Finalize for submission to the state**
Hartford: I will finalize this and have it ready for the board.

C. **Next steps**
Present at the April board meeting.

IV. **Final 2021-22 meeting focus? Date?**
Hartford: I believe we need to have one more meeting this school year. Would this time still work for others at the end of May?
Krauss: That would be good because it would be after the board meeting where they will vote on this.
General Consensus: May 25th at 8:45am.

V. **Future agenda items**
Hartford: Just wanted to have a quick discussion of future goals and discussion items. Maybe set a wellness committee goal for next year.
Krauss: Maybe we want to consider holding some sort of wellness event next year if things continue to look safe to do so.
Hartford: Yes, like Somersworth did a wellness fair? With outside vendors?
Mulligan: We have some local folks down at the mill that may want to be involved.
Leopold: We can invite the rec committee, especially since we will hopefully have a rec director in place by then, as well as other town groups.
Discussion about timing: September is very busy with school assessments, open house, etc and there is a town event in mid-September as well. Hoping to time for early to mid-October.
Krauss: Maybe at our May meeting we should discuss who we want to invite.
Hartford: We can also discuss a date at that point. We should be able to work on this during the summer as well, I will be working if anyone else is available.

Denn: It would be good to spur on intramurals and rec events, offer more active options for students and families.
Nelson: Will not be able to make the committee in May. She will be stepping away from the wellness committee.
Choate: Something else to maybe discuss in the future is how physical activity and movement is provided to the students throughout the school day. The board asked at a recent meeting if the Wellness Committee had discussed physical activity, and there have been questions at town meetings as well about the number of PE classes and other physical activities for students.
Spear: We provide many movement breaks throughout the week, but we cannot provide a schedule to parents of these activities because each day varies with the needs of the students. Some days we may not have many, another day lots. It's often about reading the room. You can tell if the kids need a movement break in order to be able to refocus.
Hartford: We can tell them that we have two recesses totaling 45 minutes every single day, plus two days where we offer a physical activity class (PE and Music and Movement). Other than that, we cannot give exact amounts of the time kids are given for movement because of the variations. Also it's important to empower the teachers to do what their students need. 4th graders may benefit from yoga or deep breathing, while a 1st grade classroom may benefit from a dance time to shake the wiggles out, and those needs may change from day to day. Also many elementary schools allot much less time for recess than we do.
Nelson: I think that RGS does a wonderful job of incorporating movement into the day. It's important to really underline this for the public and the board, and that this be presented to the public regularly that we offer all these items so that they are aware of the wonderful job RGS is doing.
Leopold: We also have walking field trips to the library and fire station, & community gardens.
Perhaps we could put together a list of the ways that physical activity is included throughout the day, so that parents are made aware and the board as well.

VI. Adjournment

Respectfully submitted,
Kerri Choate, March 30th 2022