

WELLNESS COMMITTEE MEETING 1.19.23

Notes

(located in ZenDen & Google Meet)

Present: Jani Mulligan, Celia Leopold, Katie Krauss, Gail Claverie, Lindsey Kaichen

Absent: Emily Spear

Triennial Assessment - Katie Krauss submits to the state every three years, and it was just submitted in Spring 2022. At our spring meeting we will begin to start drafting for the next submission in 2025. Celia asked if we needed to make adjustments as we know some areas have changed since submission, but Katie said the document is submitted every three years with the state.

Membership- We are still in search of a parent/community representative. While Celia is currently a parent, and Jani is a community representative, we would like to reach out to the PTO and continue to put out information about the Wellness Committee in the newsletter to see if we can find an interested parent.

Wellness Fair- last meeting we talked about trying to plan this in combination with Student Showcase. The PTO is planning a Trivia Night after the showcase, so we are going to try to combine with guest speakers re: wellness topics such as technology limitations. We are working on finalizing our speaker and setting a date, and then we can reach out to wellness organizations esp. in the Mill who may be interested in having a booth. Once we have a date finalized, Alyson and Lindsey will begin making contact. We would like to reach out to karate, fire and police dept., yoga, dance, town rec director, etc.

We will talk to CAFE services about providing a snack, but will need to determine where this will be eaten.

A future goal is to increase our Wellness Resources on the Website. We want to add resources for families from our nurse re: illnesses, but also nutrition & snack options, ways to integrate movement after school, etc. This might be something we can tackle over vacation or over the summer, but it would be helpful to have the resources available on the school or SAU 104 websites.

Our new Student founded Garden Club has started meeting and had an initial bake sale fundraiser. Katie is going to pass along some federal grant possibilities to share with the staff and students. They are hoping to have a vegetable garden planted in the spring. Wentworth Greenhouse has been helpful in the planning and preparation and are willing

to support us as we determine the materials we need as well. Celia mentioned that the rec committee may be able to support us in the maintenance during the summer if needed.

Social Emotional Curriculum - The RGS Leadership team has been researching and exploring different social emotional curriculum that will support our RGS pillars and the CASEL standards for social emotional learning and wellness across grade levels. Katie reminded us that we can pursue some of our grant funding to support the purchase of this type of material for next year. Lindsey will share with the leadership team and pursue the grant funding.

We also want to make sure that we are continuing to share with the School Board and the community about the ways we are active throughout the school day, in addition to PE class and recess. The committee noted bowling, Walking Club, our extracurriculars and intramural sports, the walking field trips to the library and other parts of the town.

Celia mentioned National Walk to School Day as something we could pursue/participate in. This national event will be on Oct 4, 2023 .

Lindsey mentioned WinterKids Games which take place each January. It is too late for us to participate this year, but it is something to consider next year. The WinterKids Winter Games is bringing a little healthy competition to elementary schools across Maine, and now 13 additional states. The four-week-long program, which spans from January 9th to February 3rd, features fun, active, and educational activities that get students moving and learning outside. This includes nutrition & physical education and wellness skills and strategies and encourages outdoor activity, even in the winter.