

Oct 5, 2022 Wellness Committee Meeting

Present: Jenna Tousignant (MW), Tracey Fitch (FreshPick), Pete Demeritt (MW/IH), Sara Pickard (MW/IH), Amanda Walsh (SMS), Katie Krauss (SAU), Maggie Larson (school board/parent)

Flu clinics are in place at all schools.  
Maple Wood's is 10/31  
Staff is Friday 10/7 (Teacher Workshop)  
Middle School is Early November

Jenna would like to have other schools included in Ruby Bridges walk on 11/18 1:45PM  
Who to reach out to? IES Universal Team  
Would like other schools to promote with us.

Wellness Night

- Can we do this now?
- Spring is ideal, between basketball and baseball
- 5-7 PM event, usually at the High School (preferred)
- At Idlehurst in the past, but it was chaotic
- Community invited
  - Demonstrations, Karate, jump rope team, Insurance company wellness, chiropractor, Goodwin Community Center, The Works, UNH Nutrition

**March 29, 2023 5-7PM in High School Cafetorium**

Allow setting up an hour or so before  
Try to book soon.  
\*ASK FLOTE (Pete)

Sara has been promoting recreational opportunities for students, and also has changed her curriculum around to lead certain sports into their respective seasons.

\*60 minutes of physical activity is encouraged

Before school/after school, 15 minute activities?  
Walking club? Who would be interested in facilitating it.  
Incentives for clubs to help motivate students. Sara is looking into those.

Katie Krauss will send out the approved snack sale list again, and I will make it available to all staff. It is frustrating to have unhealthy items at a "healthy snack sale".