

## SAU 9 Wellness and Nutrition Committee

December 2, 2019

3-4:30 p.m.

**The SAU 9 Wellness Committee promotes and supports the health and wellbeing of each and every student.**

- We are proactive in identifying and promoting policies and best practices that support our mission related to student health.
- We are responsive to our community's emerging needs and trends that impact student health.
- We work to connect school and community resources for the benefit of student health.

Welcome:

### 1. Review Minutes

[https://docs.google.com/document/d/1ohuJvo-fzh8\\_S9RVRGos6jfor5J8kC\\_c20QmsXU7-4/edit?usp=sharing](https://docs.google.com/document/d/1ohuJvo-fzh8_S9RVRGos6jfor5J8kC_c20QmsXU7-4/edit?usp=sharing)

### 2. SAU 9 Wellness Committee Policy and Standards

- [NH Public Schools Wellness Policy Checklist](#)
- [Local School Wellness Policy Final Rule](#)
- [Physical Activity Goals - Discuss and Review](#)  
[https://docs.google.com/document/d/1QvrRUVLda6PMewAEhgOTMumvNma\\_tNwjjuwY2NMyNVA/edit?usp=sharing](https://docs.google.com/document/d/1QvrRUVLda6PMewAEhgOTMumvNma_tNwjjuwY2NMyNVA/edit?usp=sharing)
- [Nutrition Goal \(current Draft 11/13/19\)](#)
  - [https://docs.google.com/document/d/1eCSkgZzy\\_6UZRXwRAtzZSpQxJ1LDuHWrb6WzguXHySA/edit?usp=sharing](https://docs.google.com/document/d/1eCSkgZzy_6UZRXwRAtzZSpQxJ1LDuHWrb6WzguXHySA/edit?usp=sharing)
  - Policy language recommendations provided by Maine Let's Go 5210

### 3. New Business:

VT program promoting young adult health and self advocacy.

[https://healthandlearning.org/pcp-well-visit-info/?goal=0\\_9008cd1050-07d8d303e7-1299375857&mc\\_cid=07d8d303e7&mc\\_eid=beef2df2eb](https://healthandlearning.org/pcp-well-visit-info/?goal=0_9008cd1050-07d8d303e7-1299375857&mc_cid=07d8d303e7&mc_eid=beef2df2eb)

### 4. Old Business:

Vaping Unveiled- <https://www.breathenh.org/programs/vaping-unveiled/resources>

Target middle school students (5-8th grade) and parents and guardians- Marissa will take the lead at KMS  
Pam C-S will coordinate with Conway Public Library for community event. Looking at March for scheduling.

### 4.. Ongoing Goals:

- a. Branding/Marketing -
- b. Increase Diversification of Membership

### 5. Other:

**Next Meeting: January 6 , 2019 3-4:30 KHS Mineral Springs Cafe**