

SAU 9 Wellness and Nutrition Committee

February 3, 2020

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:

Review Minute: January meeting minutes

<https://docs.google.com/document/d/1BIK8z8PhSmtJGVlgawW2L2qDZxM1IAUGpbKvJkQL1RI/edit?usp=sharing>

SAU 9 Wellness Committee Goals

- Physical Activity Goal (current Draft 12/6/19)
<https://docs.google.com/document/d/1I4txO6l1YruIMTnhWets9egzZXbLwfU6FhXhnjAQaI4/edit?usp=sharing>
- Nutrition Goal (current Draft 11/13/19)
https://docs.google.com/document/d/1eCSkgZzy_6UZRXwRAtzZSpQxJ1LDuHWrb6WzguXHySA/edit?usp=sharing
- Social Emotional Goal (current Draft 11/13/19)
https://docs.google.com/document/d/1q_8j5AWr76Z05Zkf2Wfx-OYwJc1f0_eav2YYzpt2A2g/edit?usp=sharing

Resources:

[NH Public Schools Wellness Policy Checklist](#)

[Local School Wellness Policy Final Rule](#)

1. New Business:

- Assess Wellness Policy with Checklist.
 - [NH Public Schools Wellness Policy Checklist](#)
- Angst- movie
 - <https://angstmovie.com/>
- Cell phones in School
 - <https://www.awayfortheday.org/>

Old Business:

- Vaping Unveiled- <https://www.breathenh.org/programs/vaping-unveiled/resources>
- Health Care Literacy Initiative
https://healthandlearning.org/pcp-well-visit-info/?goal=0_9008cd1050-07d8d303e7-1299375857&mc_cid=07d8d303e7&mc_eid=beef2df2eb

5. Other:

- Free Mental Health First Aid, Jackson, NH February 8, 2020

Next Meeting: March 2, 2020 3-4:30 KHS Mineral Springs Cafe

Items for Discussion:

