

SAU 9 Wellness and Nutrition Committee

March 2, 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: February meeting minutes [Tabled to next meeting](#)

<https://docs.google.com/document/d/1OuPULH-UOsVKzdy46QU5ukUwHEATR-oDAwZJrQN6JHw/edit?usp=sharing>

1. New Business: [See letter from Mr. Richard with embedded links](#)

- Coronavirus Planning Efforts - [Updates can be found on the CDC website](#)
- Website suggestions for updates http://www.sau9.org/district/wellness_nutrition_committee_send_updates_to_Pam
- Wellness Policy revised version - [to the SAU 9 executive board April 2020 and to Conway, Bartlett and Jackson boards](#)

2. Old Business:

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

[JBES 2:00pm March 25th for Bartlett and Jackson grades 6-8](#)

[Conway Public Library 6:00pm March 25th open to the public](#)

Marketing Efforts: [Flyer will be sent out; CPL has listed it on Facebook; please share](#)

Panel Members: [need to identify who](#)

- Angst- Feedback <https://angstmovie.com/>
[Research partnering with Building Resilience MWV](#)
- Cell phones in School
 - <https://www.awayfortheday.org/>
 - <https://www.waituntil8th.org/> [Encourages parents to wait until 8th grade for cell phone](#)
- Health Care Literacy Initiative - [No updates at this time](#)
https://healthandlearning.org/pcp-well-visit-info/?goal=0_9008cd1050-07d8d303e7-1299375857&mc_cid=07d8d303e7&mc_eid=beef2df2eb
- Late start study
<https://abcnews.go.com/Health/study-finds-association-school-start-times-decrease-teen/story?id=69072777>

3. Other: [Suicide Prevention Education Policy development; discussion regarding video taping training](#)

4. Upcoming Events:

- Vaping Unveiled, Conway Public Library, March 25th 6-7p.m.
- Asset Builder Training: March 13th 9 - 12, DOE, Concord NH [Registration: Everyone's An Asset-Builder](#)
- **Free Mental Health First Aid, SAU and TREE collaboration Conway Professional Development Center, May 7, 2020**

Next Meeting: April 6, 2020 3-4:30 KHS Mineral Springs Cafe

Items for Discussion:

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](#)