

## SAU 9 Wellness and Nutrition Committee

October 5, 2020

2:30 -3:30 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 Participants:

Review Meeting minutes:

### 1. **New Business:**

- School Re-Entry Update:
- Community Partner Updates:
- Screenagers Next Chapter- online screening  
<https://www.screenagersmovie.com/synopsis>
- Vaping Unveiled- looking for opportunity to present  
<https://www.breathenh.org/programs/vaping-unveiled>
- Employee Wellness site  
<https://sites.google.com/sau9.org/sau9-employee-wellness/resource-library>

### 2. **Goals for 2020/21**

### 3. **Accomplishments**

- Wellness Policy and Goals revised - **will be presented to SAU 9 executive board September 2020 and to Conway, Bartlett and Jackson boards**

### 4. **Old Business**

- Cell phones in School
  - <https://www.awayfortheday.org/>
  - <https://www.waituntil8th.org/>
- Health Care Literacy Initiative  
[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)
- Later start times to promote better sleep in adolescents
- SEL Movies: Angst and Resilience
- Website [http://www.sau9.org/district/wellness\\_\\_nutrition\\_committee](http://www.sau9.org/district/wellness__nutrition_committee)- Needs Updating.

**Next Meeting: November 2nd, 2020 2:30-3:30 p.m. zoom link to follow**

**Items for Discussion:**

SAU 9 Wellness Committee Goals

- Physical Activity Goal (current Draft 12/6/19)

<https://docs.google.com/document/d/1i4txO6l1YruIMTnhWets9egzZXbLwfU6FhXhnjAQa4/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)

- Social Emotional Goal (current Draft 11/13/19)

[https://docs.google.com/document/d/1q\\_8j5AWr76Z05Zkf2Wfx-OYwJc1f0\\_eav2YYzpt2A2g/edit?usp=shari](https://docs.google.com/document/d/1q_8j5AWr76Z05Zkf2Wfx-OYwJc1f0_eav2YYzpt2A2g/edit?usp=shari)

Resources:

[NH Public Schools Wellness Policy Checklist](#)

[Local School Wellness Policy Final Rule](#)