

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 Update:
- Community Partner Updates:
- Screenagers Next Chapter- online screening--
 - <https://www.screenagersmovie.com/synopsis>
- Vaping Unveiled- looking for an opportunity to present--<https://www.breathenh.org/programs/vaping-unveiled>

2. Goals for 2020/21

3. Accomplishments

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
- Later start times to promote better sleep in adolescents
- SEL Movies: Angst and Resilience
- Website http://www.sau9.org/district/wellness__nutrition_committee- Needs Updating.

Next Meeting: December 7, 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/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=shari

Resources:

[NH Public Schools Wellness Policy Checklist](#)

[Local School Wellness Policy Final Rule](#)