

SAU 9 Wellness and Nutrition Committee

September 20, 2021

3:00-4:00 p.m. Zoom

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 Update:

2. Goals for 2021/2022

- a. FreshPicks rep to participate in multiple meetings throughout the school year - fall(Oct/Nov), winter (March) and spring (May)
- b. Increase student input and participation - target one more KHS student and one or two middle school students; develop working groups
- c. Identify at least one objective per SAU 9 goal to focus on
- d. Define committee membership

3. Wellness Goals Update- Approved by the SAU 9 board in May

- a. Target objectives and strategies to accomplish each goal
 1. Including student participation
- b. **Physical Activity** - Heather, Jeanne, Molly
- c. **Nutrition** - Jess, Joy, Pam C-S
- d. **Social-Emotional** - Barbara, Catalina, Kim P, Pam S.

4. Fresh Picks Data

5. Old Business

- a. Identify which goal areas old business aligns with

- 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 - Joe Lentine and Randy Davison; Jess will get more information; Molly would like to be involved
- SEL Movies: Angst and Resilience
- Website http://www.sau9.org/district/wellness_nutrition_committee- Needs Updating.

Next Meetings: T.B.D. 3 p.m. -4p.m.

Agenda/Items for Discussion: