

SAU 9 Wellness and Nutrition Committee

November 1, 2021

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

<https://us06web.zoom.us/j/87920437717?pwd=RjFwZ0Jm>

**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. Wellness Goals Update- BREAKOUT SESSION REPORT**

- Assess Goal Status
- Recommend strategy to assess objectives unable to determine status
- Identify Objective for Focus

a. **Physical Activity** - Heather, Jeanne, Molly

b. **Nutrition** - Jess, Joy, Pam C-S

c. **Social-Emotional** - Barbara, Catalina, Kim P, Pam S.

**3. 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](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](http://www.sau9.org/district/wellness_nutrition_committee)- Needs Updating.

**Next Meetings: December 6,, 2021 3 p.m. -4p.m.**

- **Proposal to move to every other month meeting scheduled**

**Agenda/Items for Discussion:**

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<https://extension.unh.edu/health/nutrition-education/healthy-schools-nh>