

## **District Wellness Committee**

### **Meeting Minutes 01.07.25**

**3:30pm-4:30pm**

**Committee Members Present:** Joanne Morrison, Taryn Capraro, Toni Barkdoll, Julie Phelan, Kelly LaBonte, Kelly Homes

1. Approval of minutes from 10.07.24 meeting.
  - a. Motion to approve by Julie Phelan and Kelly Labonte
2. Discussed State of NH Audit that occurred the week of December 16-20 on the Pelham Nutrition Department.
  - a. Triennial Assessment is due to be conducted this school year. The process has been started, each school has completed their interviews, and the Well-SAT I has been completed by Taryn Capraro. Full Triennial Assessment to be completed and discussed at next meeting.
3. Outreach to students for wellness committees involvement.
  - a. Per the policy, outreach to students to join the committee is encouraged. The goal would be to give opportunity to student(s) that typically aren't involved in a leadership role. Members will bring this to the building level committee to search for student(s).
4. Community Involvement.
  - a. Discussed starting a Health and Wellness Fair for the staff and community.
  - b. Plan to reach out to community for involvement and discuss with Leadership.
  - c. Potentially have the fair during a Teacher Workshop day at the beginning of the school 25/26 SY.
5. Employee Health and Well-Being Interest Survey.
  - a. Reviewed model surveys and made edits geared towards Pelham District.
  - b. Plan to provide Health Trust Wellness coordinators at each school with a final copy to send out to staff eventually. Plan to touch base on this at next meeting.
6. SMART Goal for 25/26SY.
  - a. Agreed to focus the next SMART goal on Nutrition Education. Per policy, "Nutrition education posters will generally be displayed in each school cafeteria or each room in which students regularly eat their lunch"
    - Health Teacher, PE, Art teacher to coordinate at each school with students
    - Have been incorporating Nutrition Education on every "Wellness Wednesday". Plan to

continue having students announce the Wellness Wednesday tip at PMS each week and potentially start at PES and PHS.

**Tentative SMART GOAL:**

By October 2025, healthy eating will be encouraged for all students by displaying various educational posters in each school cafeteria and by utilizing the morning announcements with a Wellness Wednesday health tip focusing on healthy eating at least once per month.

7. Other Business

a. Discussed 25/26SY New chair of District Wellness Committee. Joanne Morrison will be stepping down.

8. Next District Wellness Committee was set for March 4<sup>th</sup> 3:30pm-4:30pm at PMS