

CSD Wellness Committee Meeting Minutes
Monday December 9, 2019

Attendees: Donna Reynolds, Wendy Hills

Staff Wellness Fair: We discussed the district professional development day on January 27th. Center for Health Promotion would like to offer a workshop at which Wendy would do a presentation on self-care.

Christopher Glenn from School Care is also interested in offering a workshop on School Care wellness programs. Wendy mentioned that she would like to become more familiar with the insurance offered in the district so that CHP could design workshops to offer at the schools. We also discussed having a staff wellness fair that day. Donna is meeting with Donna Palley, Laurie Hart and Karen Riess to discuss this more. CHP and School Care are interested in having a table at the fair.

SBWC: We talked about the progress of forming the school-based wellness committees in the district. Wendy continues to work with the elementary schools in forming a committee. Abbot Downing School is in the process of forming a team. Wendy will be meeting with them soon. There isn't much activity in the other schools.

CSD Farm to School Grant Supporter: Donna talked about an opportunity that the CSD has been offered. The DOE Office of Nutrition Programs and Services and the Organization for Refugee and Immigrant Success (ORIS) each are applying for a Farm to School Grant and have invited the CSD to become a partner/supporter in the grant implementation. The focus is on purchasing local produce to serve to CSD students.

Other: Wendy will be working with a Plymouth State Health Promotion Intern in March. She is thinking of having the intern develop some social media videos featuring healthy eating. She may reach out to Donna Wheeler, Abbot Downing Head Cook, to include healthy school cafeteria options.

2019-20 Meeting Schedule

Monday September 9, 2019

Monday December 9, 2019

Monday March 9, 2020

Monday June 8, 2020