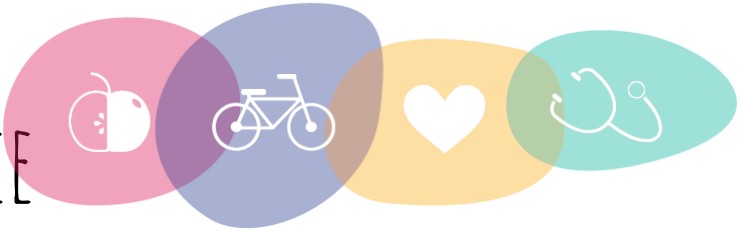


SEABROOK

Wellness COMMITTEE



Meeting Minutes -

December 8th, 2022 2:45-3:45

Seabrook Middle School Conference Room

- 1) Introductions
- 2) Review Policy and Triennial Assessment Results
 - 5&6th for nutrition now, but will likely just move to 5th graders
 - In SES PE L. Hamblet may incorporate nutrition lessons?
 - using snacks and rewards in the classroom- "smart snacks" only?
 - What would a good reward be vs candy?
 - in SES all get at least a 25min recess. SMS - 10-25 mins.
- 3) Nutrition Ideas
 - breakfast and lunch based on federal guidelines.
 - salad bar underway
 - a) Education in the classroom - wellness worksheets. help the classroom teachers bring nutrition education into teaching.
 - b) Taste it Tuesday once a month: new healthy food items - FFVP & menu offerings-stickers for kids who try the new foods
 - c) Earth day/spring clean up - garden beds, composting - how and when can we get students/staff involved? Enlist Timberland for community service?
 - Mr. Fox-will come get compost.
 - Master Gardener to come and talk with classrooms about getting the garden ready.
<https://extension.unh.edu/NHMGAA> \$25 Membership fee to then apply for Grant.
 - d) "RAM" group or SES houses to "adopt" a bed and care for it.
 - e) Green house- think about going to visit NHS
 - f) Farm to school Committee(Grant)
<https://www.fns.usda.gov/f2s/farm-school-grant-program>
 - g) Fuel up to play 60 Grant <https://www.fueluptoplay60.com/funding-information>
 - h) SUMMER CARE: rec transportation for camp kids
 - i) Garden beds: 5 working beds now. Who will help maintain and grow?-Becky will brainstorm. Funding-rotary(Janice can ask if needed)
- 4) Physical Activity
 - a) Ideas: Morning Mile in May-walk 15 minutes for every morning in May, Walk to School Day (October 2023)
 - b) GOTR for 3-5th grade girls-spring2022
- 5) Community Involvement Communication
 - a) Wellness Newsletter- quarterly letters. Facebook community. mental health/wellness newsletter. Sunday notes-Look into other school district wellness policies
 - b) Page on District website
- 6) Set goals for this year

- earth day clean up
- wellness fair- games, vendors, nutrition, nursing, police and fire
- garden bed maintenance
- morning mile in may
- look at language and data to not take away recess and bring to the board
- 3 wellness newsletters