

## WELLNESS/COORDINATED SCHOOL HEALTH MEETING NOTES

Date & Time: Oct 13th, 7am

Facilitator: Paula Harris

Note Taker: Gretchen

In Attendance: Alan Hawkins, Gretchen McCloy, Andrea Cayer, Elaine Brassard, Kate Williams-Hewitt, Tara Bucci, Paula Harris, Janet Hoskins, Robin Taylor

### AGENDA ITEMS

#### Item 1: 5210 Grant

*New opportunity available for a grant for a sustainable 5210 grant. 5210 is shifting focus to promote sustainable equipment/projects to enhance long term physical health and nutrition. Each school is eligible for up to \$1500, looking at a total potential grant of \$4500.*

*We are considering doing a walking trail.*

*This initiative is under investigation by Paula, Elaine, Alan and Mike McGovern.*

*Discussion/Suggestions:*

- Mark new track/trail with signage, mile markers. Add signage that would should where connection is to existing Gull Crest trail.*
- Also in consideration is the purchase of GPSs through a discount from Delorme.*
- Also suggested need to connect with PE teachers, to see how they may use the trails.*
- Suggested fitness equipment in route similar to what is at back cove in Portland.*
- Could be used for walk-bike to school days*
- Use by walking club*
- Suggested route modifications to meet the needs of IS students and make our new trail accessible.*
- We are not creating a new woods trail, but more of a modified track-trail on perimeter of school grounds (may utilize existing sidewalks in places). We will make an effort to avoid areas that will be near wet-lands.*
- We would re-define how to access existing trails.*
- Reminder that the safety of the trail is important (ie- trail is all visible, and not a place for HS kids to "hang out").*
- Suggested putting promotional informational materials/pamphlets as part of the grant.*
- Reminder to speak to Bob Malley of CE Town to ensure the reality of project to be able to spend funds by June.*
- Reminder to continue work with Greg Marles-Bob Malley together.*
- Need to encourage buy-in from teachers. Include professional development funds to encourage teacher buy-in as well.*

#### ***ACTION STEPS/Follow Up:***

***Paula, Elaine & Gretchen to put together a proposal in next 48 hours to 5210***

#### Item 2: Wellness Activities

*FALL Theme- Nutrition/Sustainable:*

- Harvest Lunch- Great success this year. Next year to improve: Press Releases ahead of time.*
- HS Chef of Month in Oct= Farmers/Fishermen*
- PACK assorted colors of fruits/veggies- upcoming*

*WINTER Theme-*

Sub committee to work on mini-health fair

**ACTION STEPS/Follow Up:**

- Robin to check with Peter to see if additional cooking classes are available for students/staff.
- Paula to confirm with Peter PACK being first week of Nov. Info from sponsoring group will be given to kitchen, MS, HS. PC wellness team will be meeting 10:14.

**Next Meeting Date and Time: (a.m. meetings 7:00-8:00, p.m. meetings 3:15-4:30)**

**a.m. meetings will start promptly at 7:00 a.m.**

**Next Meeting AGENDA Items:**

**Follow up on 5210 grant  
Mini Health Fair planning**

				<b>Facilitator</b>	<b>Note taker</b>
Tues, Sept	14	p.m.		Elaine	Paula
Wed, Oct	13	a.m.		Paula	Gretchen
<b>Tues, Nov</b>	<b>9</b>	<b>p.m.</b>		<b>Gretchen</b>	<b>Elaine</b>
Wed, Dec	8	a.m.		Elaine	Paula (Re-evaluate timing/attendance)
Tues, Jan	11	p.m.		Paula	Gretchen
Wed, Feb	9	a.m.		Gretchen	Elaine
Tues, Mar	8	p.m.		Elaine	Paula
Wed, April	13	a.m.		Paula	Gretchen
Tues, May	10	p.m.		Gretchen	Elaine
Wed, June	8	a.m.		Elaine	Paula