

**Minutes District Wellness Committee
Tuesday, February 8, 2011**

Present: Paula Harris, Gretchen McCloy, Elaine Brassard, Dr Jeff Saffer, Pamela Gerrish, Ayn Allmendinger, MaryJane Johnston, Kate Williams-Hewitt

1. Food Service - US Healthy Challenge

Pam briefly explained the USDA program. This will be mandated in the future, so we want to be "ahead of the curve". Peter and his team are working toward making changes in food service, and would like to help increase daily physical activity and nutrition education that would make the Cape Elizabeth Schools eligible for government awards that have some monetary rewards.

2. Health Fair – Paula shared some health fair ideas that she and Elaine received at the Dept of Ed Winter Team Leader's meeting in January. (see attached). For this year, it would be an employee health fair, with expansion to students/community next year if possible. We would like to have a subcommittee work on this project with a plan to have an employee health fair sometime in April. Interested individuals include, Paula Harris, Ayn Allmendinger, Jeff Saffer, MaryJane Johnston and Barbara Cummings, Emily Bugbee.

Health Care Sub-Committee will meet Tuesday, February 15, 3:15-4:15, Pond Cove Lobby Conference Room.

3. Trail update – Elaine explained that with change in superintendent status, this was on hold. Greg Marles is setting up a meeting with the Town so that this project can move forward. We have a very tight deadline, as grant money must be spent by June or it must be returned to the Let's Go program. We will also have a subcommittee that will work on this project. Kate stated that her composting project has been going through the Town process for years, as it is also planned for behind the fields on the periphery of the fields. Unfortunately, we have a few months, not years, so we are hopeful Greg can set the meeting up soon. Those who may be on the subcommittee include Andy Strout, Greg and Elaine Brassard.

4. Fundraising – Paula shared some fundraising ideas that she and Elaine received at the Dept of Ed Winter Team Leader's meeting in January. (see attached). Grant funding has become limited and we are concerned that we will not have money to participate in the Me Dept of Ed Schoolsite Health Promotion conference in June or money to continue activities.

Elaine, Gretchen and Paula met with interim superintendent, Ken Murphy, last week to discuss money for stipends, activities and staff development. Ken suggested that this would have to go through the individual school budgets, as there would be a very tight district budget for the next few years with State cuts.

Interested individuals include Pam Gerrish, Sarah Sullivan.

Kate shared that there are some physician parents in the community who are currently not in practice, who might be interested in participating in wellness initiatives. She will refer those individuals to Paula

Next meeting will be end of March or early April.

Health Fair ideas from Emily Bugbee

Hi Paula,

When is the health fair?

I can give you contact info for many different perspectives as we have done a few health fairs.

I have blocked off time for this meeting.

But if my schedule gets filled up between now and Tues- Quickly some ideas:

What we did at our office is to develop a central theme for the fair. Such as healthy family summer activities. We would then also include someone from commute another way (*GO Maine*), tobacco cessation and info about stress management. It was our belief that a smoker may not want to ask questions about smoking cessation at their place of work. So we purchased a bunch of stickers for the vendors to indicate that the person had visited their table. Then everyone was visiting the tobacco cessation table and everyone learned. And it gave the smokers the sense that they were being singled out. There was always a vendor that donated some sort of item which we used as a prize drawing for those that attended every table. The fairs were always a big hit.

I have attached a couple of contact lists for you to learn about the different fairs that we held.

These are fun! Most of the work is in getting the list organized. We also tried to have the majority of vendors from some sort of nonprofit.

Sorry for the long email- hope that the information is helpful.

Emily

Fundraising ideas from other Districts

Shared at January 2011 Winter Wellness meeting:

1. Sponsor a dinner before a HS musical - spaghetti supper
Get donation of food, cooked by wellness folks in HS kitchen - 2:30 - 6 prep & 1 hour clean up
Combined dinner and theatre ticket
2. Sponsor a dance - healthy snacks and water only
3. Raffle:
Raffle of 10 items - large - donation or purchase
Raffle I-Pad \$10.00 ticket
Raffle opportunity to have a wellness day off with pay (winner's choice of day) Would need supt and cee approval
Raffle wellness calendar - \$10.00 with prizes on certain days
4. Bottle Can Collection inhouse at end of basketball game or tournament
5. Hoopathon - make and decorate own hoops - then hoop contest
6. Water or milk machine - proceeds from a machine that Wellness takes care of (orders, stock, clean etc.)
7. Silent auction with donated items
8. Harlem superstars game - came to schools day of game to do a meet and greet with students
9. Request paper goods from Hannaford

Health Fair Ideas - Employee Health

2:30 - 6:30 Staff

Possible week of April 4

Offer water, smoothies, healthy snacks

Maybe sell dinner to take home, so folks won't have to cook that night

Activities:

Cooking - knead dough - make bread etc.

Stress Reduction what works best for the individual? Activity or quiet opportunity?

zumba class

yoga

meditation

PT do gait assessment for recommendations for shoes for run/walk

Fly tying

Golfing-putting

Pool

Mountain bike

Booths - with presenter available or just brochures to grab:

Flexibility/BMI

Hearing Vision

BP-Cholesterol

Stress Management

Men's Health

Nutrition

How to organic garden

Cardio - PE staff how to determine target heart rate

Cape Farm Alliance - where to buy local - brochures

Hannaford healthy stars program