

**Wellness Council Minutes**  
**Wednesday, October 28, 2009**  
**District Office Conference Room**

In Attendance:

Amy Portzeba, Amy Byrne, Susan Bertrand, Candace Sweeney, Beth Mahon, Pat Resseguie, Sheila Heaton, Bruce Quimby, Colin Kahl, Brian Wright, Kristen Foote

**I. Welcome/ Introductions**

- a. Welcome to Susan Bertrand a new Community member

**b. Recap from last year**

- Nutrition Committee:  
Continuing “Fuel Up To Play” breakfast program  
Administration at Ray is working with Brian Wright to increase goal to 50 students / day by using a bus pass system.
- Healthy Vend machines are popular. Beth Mahon asked about putting a machine upstairs, Brian will look into this. There needs to be adequate clearance around the machine and suitable power source.
- Brian showcased samples of a new beverage “Kidstrong,” less sugar than Vitamin Water. New breakfast food available in cafeteria is an “OOBER” – looks like a pastry but is high in fiber, low in fat and equal to a bowl of cereal ~ only \$1.00.

**Physical Activity/OutReach/ Education Committee:**

- The weight room at the High School is being used steadily! There are students traveling from Durgee to use the facilities as well. If the next facilities proposal goes through Durgee will have facilities as well.
- Jeanne sent Kristen and Brian a link to a School Employee Wellness Program which initiated discussion regarding ideas to promote wellness in our staff. We are going to look at the DHEP Model (Directors of Health Promotion and Education) as a guide for developing our own program. We also talked about the “Biggest Loser Contest” being held in some of the schools. The committee agreed to look at the possibility of creating an 11 week support program which would include weekly information regarding nutrition and exercise. School group, et.al could use these “modules” to support their existing weight loss programs.
- Pat Resseguie brought up the idea of continuing the ideas/philosophy of Fred Schafer. A subcommittee agreed to meet and provide some follow up tips using his website and materials he left for us. ( Kristen, Colin, Pat & Amy)
- We also discussed having at least one person from each school and/or stakeholder group (i.e. Grounds & Transportation) on the committee. This person (s) would have minimal responsibilities, which would include attending meetings and bringing information/ programs back to their perspective schools or groups.
- There was discussion regarding grant writing for programs, equipment, etc. Susan Bertrand, Amy Byrne, Kristen Foote will look into this and bring information to the next meeting.

## **II. Wellness Committee goals for this year will include:**

- Bring in a representative from each building/stakeholder group to the committee.
- Increase School Employee Wellness Initiatives by:
  - Creating an 11- week Activity/Nutrition Information Packet to accompany the “Biggest Loser Contest” or other wellness initiatives in buildings.
  - Creating extension information/activities for staff using Fred Schafer’s website and resources.
- Continue to build on existing programs, i.e. Wellness Fairs, intramurals, Daily Announcements, etc.

## **III. Action items for next meeting:**

- \* Grant subcommittee will meet before 12/16 to look at grant opportunities available
- \* “Fred Extension” subcommittee will meet before 12/16 to come up with ideas for extending the program
- \* Committee members will review the DHEP site [www.schoolempwell.org](http://www.schoolempwell.org) before the next meeting

**Next Meeting Date: December 16<sup>th</sup> 7:20 a.m.**  
**District Office Large Conference Room**