

SAU 73 Wellness Committee

Meeting Minutes

January 15, 2019

Gilford High school

Present – Meg Jenkins, Deb Wheeler, Monica Sawyer, Tim Goggin, Kirk Beitler Terry Wilson, Shannon Gately

The minutes from the May 15 2018 meeting were approved.

Updates:

Meg Jenkins updated the committee on the flu vaccine. Meg stated there is flu in the elementary school.

Wellness

Monica Sawyer spoke about Mindfulness at GHS, coping with stress and highlighted some areas:

- Breathing exercise
- Started with Freshmen Jump Start
- Presentation to GHS Staff
- March School activity at GHS
- Mindful Mondays
- Would like to bring back Wellness Wednesday

Concussion Protocol

Meg Jenkins stated she is seeing a positive response with concussion protocol.

Vaping Presentation

There will be a presentation on Vaping E-Cigarettes on March 7, 2019 at GHS.

Unified PE

Unified PE has not taken off but Terry Wilson will connect with Amy Tripp.

The 2019-2020 school year will start after Labor Day.

New Business:

- Late start time at GHS
- Meg Jenkins will start up with group
 - Invisible Disability
- Biometric Screening is scheduled for April 10, 2019
 - Deb Wheeler will be attending a Health Trust meeting next week to discuss the screening.
- Deb will gather information to possibly share with staff at the January 25, 2019 in-service day
- We have \$500 for staff wellness to spend
- Continue flu clinics if allowed