

SAU 73 WELLNESS COMMITTEE MEETING

May 17, 2017

Present – Kirk Beitler, Tim Goggin, Meg Jenkins, Kim Dubuque, Deb Wheeler, and Terry Wilson.

Absent – Rae Mello Andrews, Karen Thurston, Karen Valentine, Ryan Hamel, and Alex Muthersbaugh.

Deb Wheeler updated on the **Biometric Screening** -

Held April 5th at the Middle School gym, there was over 200 participants, our largest one to date. Many that had never been before took advantage of the screening. A great deal of positive feedback has been received, and we will be holding another one next year. Tim mentioned the reminder emails and notifications were helpful, and sparked interest, especially the one with Tanya.

Meg Jenkins updated on the **Wellness Wednesdays** –

Held at the high school on Wednesdays for 5 weeks, with each week concentrating on such things as Reiki, CrossFit, Essential Oils, Life Coach, and smoothies. The students really seemed to be enjoying the hands on approach of these days. It appears to be more interactive than the previous one day fair.

Kim Dubuque updated on **Changes in Food Service** -

1. Administrative review completed at GES 5/11 & 5/12
 - One corrective Action concerning Wellness policy
 - Policy needs to have added to it where the where and how the public can view the minutes as well as the wellness assessment tool
 - Wellness policies need to be assessed every 3 years. Gilford will need to do an assessment next school year
2. Sodium restrictions will remain at the Target 1 level for now
3. There is a possibility that the 100 % whole grain requirement will change back to 50% of all grain items served must contain at least 51% whole grain
4. Possible Student activities – AT&T it can wait, Seatbelt Challenge

Next meeting will be decided upon at a later date, but sometime in late September.

