

## **SAU 73 Wellness Committee**

### **Meeting Minutes**

**April 3, 2018**

**Gilford High school**

Present – Kirk Beitler, Meg Jenkins, Deb Wheeler, Karen Thurston, Tim Goggin, Terry Wilson, Gerron Belanger, Shannon Gately, Monica Sawyer, Jonathan Dupuis . Absent – Jen Valentine

The minutes from the March 6, 2018 meeting were approved.

### **Motivational Speaker**

Recycled Percussion will not be performing at the high school.

### **Interlakes Start Time**

Monica will get some feedback from Interlakes.

### **GHS Wellness Center**

Monica shared that there is a sensory room at GHS which is being used for yoga, Yoga is helping students to cope in a positive way.

Monica and Meg are interested in starting a group to support students with physical disabilities.

Discussion ensued regarding ROTC.

The group also discussed the need for positive energy in the high school.

### **Outreach to Local Pediatricians**

Meg Jenkins has connected with Caring for Kids and Westside Family Health Care to establish a relationship with the groups. Discussion ensued as to how can we work together better for families?

The concussion policy is on family ID - ImPACT (baseline concussion testing) has begun in the middle school for athletes this spring and Meg (and Beth) are sending the policy home either printed or via link so that parents are more familiar with the policy.

### **Unified Discussion**

Terry Wilson would like to explore the idea of unified PE classes. The group also discussed adding unified classes such as unified creative writing. There was discussion about the application of credit for the unified student as a PE credit and an elective for the partner. There was no decision.

Gerron Belanger inquired about a Unified Club at the middle school and possibly 3 unified sports at the middle school. The Unified Sports program begins at age 6.

The next meeting is May 15, 2018 at 7:00 a.m.