

SAU 73 Wellness Committee

Meeting Minutes

January 23, 2018

Gilford High school

Present – Kirk Beitler, Rae Mello-Andrews, Tim Goggin, Meg Jenkins, Deb Wheeler, Monica Sawyer, Terry Wilson, Gerron Belanger and Shannon Gately. Absent – Jen Valentine and Jonathan Dupuis.

The Biometric Screening is scheduled for April 11, 2018 at GMS. Staff can sign-up for the screening on-line. Discussion ensued about putting the screening info in the Gilford Steamer.

Discussion took place around continuing the flu vaccine for staff. If Health Trust will allow us to do this, it is recommended to continue to do so. CDC info will be sent out to staff.

Monica Sawyer introduced the AdVenture Capital Program. The program is an innovative program that inspires, empowers and motivates creative, curious and brave student entrepreneurs to use their big ideas to make changes in school and community health and wellness. It was suggested to contact Recycled Percussion. Shannon wanted to contact Recycled Percussion – clearing that with Mr. Sperazzo and Mr. Goggin was suggested.

ImPACT Testing - Meg Jenkins will meet with Peter Sawyer to determine how many pediatric level tests to purchase. Tests are for those under the age of 11. Once that is done, we need to figure out the logistics of who gets what test and when.

Discussion took place regarding Yoga for stress release on GHS Wellness Wednesdays. Tim Goggin spoke about the Restorative Justice Model for angry students and the benefits of more time in Yoga vs detention.

A later start time was discussed at the freshman parent night. Huot Center busses would need to be considered. Gilmanton would also be impacted.

The Youth Risk Behavioral Survey showed that high school students are not getting annual physicals. Meg Jenkins will draft a letter to the Laconia Clinic Pediatrics Group.

Next meeting is set for March 6, 2018 at 7:00 a.m.