

SAU 73 Wellness Committee

Meeting Minutes

March 6, 2018

Gilford High school

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

The minutes from the January 23, 2018 meeting were approved.

Meg Jenkins has reached out to Caring for Kids and Westside Family Health Care to establish a relationship with the groups. Laconia Clinic Pediatrics has been dissolved.

Biometric Screening – 161 people have enrolled for the screening on April 11th.

Wellness Person at Schools – Deb Wheeler will get more information to share.

Motivational Speaker – Shannon thought Recycled Percussion would be a good choice.

Universal Start Time – Monica shared a handout from Inter-Lakes School District regarding their process for universal start times.

GHS Wellness Center – Monica shared her thoughts on a destressing room as well as a yoga room.

Group -Meg expressed interest in starting a group that will bringkids together with chronic disease and invisible illnesses. There was one held here previously.

Gerron Belanger offered he feels there is too much homework and it can be overwhelming.

Review of Wellness Policy – Discussion ensued regarding the Wellness policy. The policy seems cumbersome and questions arose if this policy works for our students.

Next meeting is set for April 3, 2018 at 7:00 a.m.