

MSAD # 68 Wellness Committee Meeting
May 18, 2009
SeDoMoCha Conference Room
3:15 pm

Members present: Cathy Cody, Lynne Nelson, Jean Giacomuzzi, Ashley Jackins,
Brian Welsh and Jody Annis.

- 1) Meeting was called to order @ 3:15 pm.
- 2) Climbing Wall: A proposal was submitted to Ann Bridge, MSAD #68 Superintendent on May 5, 2009. The proposal's intent was to address the following questions/concerns: insurance, location, installation, safety and supervision as well as the physical and psychosocial benefits to students. An outline for funding was also submitted.
- 3) Indoor Walking Trail: Cathy Cody and Lynne Nelson will "mark" off the distance and create an indoor loop for walking. AM walkers stated one reason for the continued use of the indoor trail during the warmer weather was the availability of bathroom facilities.
- 4) Move and Improve: Students are averaging approximately 1500 miles per week. One mile is equivalent to 20 minutes of exercise. The committee would like to encourage students to exercise during the more sedentary months. Students are already moving more with the arrival of warmer weather.
- 5) Wellness Committee Goals for 2009/2010:
 - Installation and use of climbing wall.
 - Indoor walking trail: route and distance clearly marked.
 - Increase fitness and exercise:
 - Resume prior bus drop-off schedule – elementary students are now unloading at 7:45 am. This schedule creates decreased breakfast time and no physical activity before school begins. Middle school students do not begin to exit buses until 7:50 am, this results in minimal breakfast time. Many students have not disembarked from the buses when students are being dismissed from the cafeteria for classrooms.
 - Walk the Talk: Soda and sugary items are being served at TEAM and by the SSO as a "treat". The committee recommends no soda or high-sugar foods during school hours. The committee also recommends no high-energy drinks be allowed.
 - Health calendar: Monthly/quarterly reminders with "Good Health" messages distributed to all SAD 68 users.
- 6) Committee Members: All committee members have expressed an interest in remaining on the committee in 2009/2010. Shane Hutchings would like to be placed on the committee if a vacancy occurs.

This concludes the 2008/2009 Wellness Committee year – thank you.