



**Dover School
District**

WELLNESS ADVISORY COMMITTEE- MINUTES

Meeting Type:	Wellness Advisory Committee Meeting
Meeting Location:	Superintendent's Conference Rm, McConnell Center
Meeting Date:	December 18, 2014
Meeting Time:	3:30 PM

The Wellness Advisory Committee Meeting was called to order by Karen Taylor at 3:32 PM in the Superintendent's Conference Room in the McConnell Center

Attendees:

Carole Soule McCammon- Dover School Board
Dr. Elaine Arbour - Superintendent
Karen Taylor-Business Administrator
Bruce Patrick-DMS Dean of Students
Linda Wyeth-DMS Nurse
Art Leclair – DHS Teacher
Alyssa Brigandi – HSS Paraprofessional
Frank Gillespie—Café Services
Erin Marshall-WPS Special Educator
Kathy Lupi-GES Nurse

The Wellness Advisory Committee Meeting was called to order by Karen Taylor at 3:37 PM in the Superintendent's Conference Room in the McConnell Center.

Norms of Collaboration were presented by Elaine Arbour. The norms will be used as a structure at all meetings going forward. Norms agreed upon for this meeting included Probing and Presuming Positive Intentions.

The minutes of the November meeting were reviewed. Corrections included a typographical error and the addition of clarifying words. Art LeClair made a motion to accept the amended minutes and the motion was seconded by Bruce Patrick. The motion was passed unanimously.

Mr. LeClair presented information on the Sprint Club which was made possible with a grant from SEED. Students provide information on nutrition and their club is working on recipes and discusses healthier snack options. They also are promoting daily exercise and have purchases pedometers with the money given by SEED. Suggestions were offered by the committee for making this effort successful including advertising, course credit for health and wellness, sign-up sheets, dietetic interns and help from LNA and guidance.

The mission statement was reviewed and finalized. Mr. LeClair asked if the committee is for the school or the community at large. Ms. Wyeth and Mr. Gillespie agreed that there should be consistency with the national rule.

Elaine Arbour moved, Linda Wyeth seconded to approve the following mission statement: **We will strive to educate and support our students and the educational community in the pursuit of healthy lifestyle choices.** The motion passed unanimously.

Ms. Taylor asked for guidelines in redefining the Wellness Policy. It was determined that a sub-committee would be formed to review index of policies and identify which tie into the District Wellness policy. The NHSBA policy is focused on food and physical activity.

Ms. Brigandi recommended the 60 minutes of activity per day guideline. Mr. LeClair added that study halls with advisories are 90 minutes.



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Dr. Arbour stated there is a Daily Physical Activity policy. Ms. Soule McCammon suggested that the policies be combined. The sub-committee will include Elaine Arbour, Carole Soule McCammon, Art LeClair, and Alyssa Brigandi.

Original policies will have language stricken so that changes can be easily identified. Electronic copies will be set up in a google docs workspace.

Process Report: Dr. Arbour reported on probing-requesting questions and clarifications.

The next meeting will be held on January 15, 2015.

Review of the work of the Sub-Committee will take place on February 19, 2015.

Bruce Patrick motioned to adjourn the meeting and was seconded by Linda Wyeth. The meeting adjourned at 5:00 pm.

Respectfully submitted,
Karen Taylor, MBA, CPA
Business Administrator