

LEDYARD PUBLIC SCHOOLS
Wellness Committee
Wednesday, February 13, 2019
3:30 - 4:00 pm

I. Called to Order - by Anne Hogsten at 3:30 pm

PRESENT: Stephanie Calhoun, Anne Hogsten, Kelly Jones, Sue Meserve, Michelle Meyer, Patty Pollin, Alicia Schweitzer, Isabella Schweitzer, Olivia Strelevitz, Andrew Tripaldi,

ABSENT: Pam Austen, Michele Demicco, Ann Geoly, Art Marrero, Evelyn Morrison, Fabienne Pierre-Maxwell, Holly Ryan, Nizam Saad

II. Reviewed minutes from December meeting - no comments

III. Reviewed February & March 2019 menus (breakfast/lunch)

- Reviewed menus for February and March, opened floor for input:
 - Does LMS follow Elementary menus?
 - Maple Syrup cannot be allowed due to nature of stickiness
 - **Instead of syrup – What does Chartwells provide?**
 - Feedback / comments – all participants agreed that food looks beautiful, meals smell and look outstanding
 - Breakfast and lunch popular – population says food is delicious
 - GHS grab and go – you need to wait until all students are done getting their food.
 - **Can we offer a grab and go option to speed up the process?**
 - Student choice is very popular and well received, portion is perfect

IV. Wellness Webpage creation

- Reviewed Wellness page - http://ledyard.net/news_information/student_wellness
 - Committee liked the website
 - **Add Art Marrero to list of participants, correct 'paren' to parent**

V. Wellness Fair

- Stephanie & Anne tasked with compiling ideas
 - Anne reviewed what information she gathered from staff and students
 - Some ideas that came back were:
 - Physical Fitness / Yoga
 - Zumba / Cardio (possibly get T. Hepburn involved, Zumba requires an instructor)
 - Emotional issues (possibly get Ledyard Youth Services to handle)
 - Meditation (utilize CALM app)
 - Team building / interact with others
 - Nutrition (get Nizam involved in how to choose healthy snacks, perhaps making a game of it)
 - Farmer (growing your own food)
 - Healthy habits
 - Organization – goals for life
 - Connecting without using Social Media
 - Hair / makeup artist
 - Manners/etiquette (Waterford schools had such a thing)
- School day events, gets dates from Principals
 - Perhaps hold toward the end of the school year – early June / late May
 - Do we hold during the school day or at night?
 - One event held at LMS, evening, parents may be more inclined to come as it's a new school
 - Use classrooms to separate different events
 - Initial Wellness Fair – let's hold it at LMS have it be an evening event
 - Hold after 5th and 6th grade orientation (5/23)

VI. Open discussion

- Parks & Rec hired Scott Johnson as new Assistant Director
- Anne would like to see us engage parents/staff in on the Wellness discussion (how to take care of yourself).
Make this idea more global, overall wellness
- Summer ideas (camps, YMCA, gyms, etc. who offers plans over the summer for students
 - **Add information to our website**
- Who'd like to work with Business Manager to help organize? – volunteer Alicia Schweitzer
- What incentives are offered to us as part of our health insurance plan?

ACTION - Next meeting late April - early May, Sue to send out dates

VII. Adjournment

Meeting adjourned at 4:00 pm

Respectfully Submitted,

Suzanne Meserve, LPS Wellness Committee