

LEDYARD PUBLIC SCHOOLS

Wellness Committee

Tuesday, January 21, 2020

3:30 - 4:00 pm

I. Called to Order - by Rachel Moser at 3:30 pm

PRESENT: Pam Austen, Anne Hogsten, Rachel Moser, Shannon Olexy, Mark Westkott

ABSENT: Ann Geoly, Kelly Jones, Joanne Kelly, Art Marrero, Michelle Meyer, Evelyn Morrison, Patty Pollin, Nizam Saad, Alicia Schweitzer, Chris Sheller, Olivia Strelevitz

II. Reviewed minutes from December meeting - no comments

III. Reviewed January & February 2020 menus (breakfast/lunch)

- Reviewed menus for February and March, opened floor for input:
 - Food quality is good, LHS sometimes runs out of sandwiches
 - Staff feedback is positive regarding food options at GHS

IV. Wellness Webpage creation

- Reviewed Wellness page - http://ledyard.net/news_information/student_wellness
- Discussion of goals for web page
- Need pictures, FAQs

V. Revisit Wellness Night discussion

- Anne & Pam discussed a wellness night to be scheduled next school year
- Include vendors, internal staff
- Target audience are families and students
- Day into night concept to accommodate parent schedules
- LMS wellness day in school to increase participation

VI. Food service bid review

- Review of food service bid draft; RFP to be issued in March 2020, bids due in April 2020

VII. Open Discussion

- Purpose and goals of the Wellness Committee
 - i. Define the mission of the committee
 - ii. Grow membership of the committee
 - iii. Focus on mental health, physical health in addition to nutrition
 - iv. Include air quality (maintenance), employee health (HR), student health (PBIS, mindfulness)

ACTION - Next meeting TBD; establish goals for the committee

VIII. Adjournment

Meeting adjourned at 3:45 pm

Respectfully Submitted,

Rachel Moser, LPS Wellness Committee