

**Portsmouth Health and Wellness Subcommittee Meeting Minutes:
May 11, 2009 Administration Building- Middle Road**

1. **Present at the meeting listed** in no particular order: Judy Hestesa, Nancy Roberts, Pam Storme, Karin Wetherill, Angela Volpicelli, Nancy Souza, Jeannette Bessinger and Colleen Jermain. Martha Costa, Blair Kinder, and Kathy Arent were unable to attend- but did send information.

2. **School updates for SC report** at the end of May were reviewed and finalized. The group agreed Colleen would send out one more request to the buildings to finalize the report. Angela would report out at the SC meeting. Final report for the year happenings is listed at the end of this draft. The group celebrated and thanked everyone for all their efforts and gains.

3. **Discussion on Proposed Goals for** next year were discussed and determined. After discussion on this past year and observations from our different team members, the following goals were set for next year.
 - A. Bring more awareness to the elementary schools on how to follow the policy and implement changes that will help change the culture away from using food to celebrate. Seek more constructive and productive ways to celebrate. It was noted that there still appears to be a sense that elementary families and teachers are using food as a celebration, reward, or a driver. It is sometimes used as school projects. The group spoke specifically to birthday celebrations and wondered if HW should meet with PTOs, teachers, and principals to see if alternatives could be set up instead of cupcakes, candies, and cakes. Some of the suggestions:
 - a. Why not celebrate all students with a birthday as a collective group- post their names and allow an extra 10-15 minutes of recess/activity. This could be determined by the building principal in honor of the birthday students on a date and time they would like.
 - b. Why not offer students to share a special activity, game, or show and tell to honor their birthday in the classroom/school?
 - c. Get families and teachers to reflect upon other alternatives – or not allow food for celebration. This was brought up because of food safety preparation concerns, allergies, etc. It was also discussed how parents feel this is “must do” because this is what everyone is expected to do.
 - d. Work with the schools to try to change the culture of celebrations’ to be more healthy – fresh fruits, healthy snacks etc.
 - e. Work with teachers and help share out with them the importance of not using food/candy as rewards.

B. Create a middle and high school focus group that will meet twice a year to review food quality and food service initiatives. Nancy will speak with Linda Benedetti to see if she will draft a plan with specific timelines and dates for the middle and high school principals. The principals then could review the plan and assist or assign a designee to implement the plan.

C. Judy will organize Two Angry Moms film and project for next fall in November at PHS to bring more community awareness and school awareness to health and wellness. The film will be presented in Portsmouth and tentative month is November. This will be an agenda item for our first meeting in October.

Additional work will continue such as:

- a. Policy will continue to be posted in handbooks and monitored
 - b. A member will visit each PTO to share our message and suggestions
 - c. Fundraising alternatives will continued to be explored
 - d. Farm to School and Chartwells will continue moving forward
 - e. Jeannette can offer 10 second quick breakfast tips and healthy eating on a budget will be shared on listservs
 - f. A link will be created for HW on our website
 - g. Chartwells and schools will encourage families to sign up for E bites- Chartwells can actually post on their payment plan program
 - h. Colleen will share out Senior Project ideas and topics. Jeannette and Karin as well as others are available to be mentors. Ideas such as marketing, signage improvements, and picture advertising were discussed. The creation and maintenance of a website was also broached.
4. Meetings for 2009- 2010: The meetings will be held on the first Monday of the month. The draft minutes will be sent out for all to review. IF there are revisions or additions etc. this must be submitted within four work days of when the minutes were sent out. Minutes will then be posted and sent out on listserv. All are on Mondays at the Administration Building. Start time 6 pm. October 5, December 7, March 1, May 1
5. The next meeting is October 5 at 6PM at the Administration Building.
6. The first meeting in October draft agenda items so far are:
- a. Angry Moms Project (Jeannette and group will discuss dates, timeline, implementation, and assignments)
 - b. Setting up PTO meetings- who will cover what meetings (Colleen facilitate the discussion)

- c. Chartwells update on Farm to School (Nancy / Linda)
- d. Follow up on Linda Benedetti/Nancy Roberts draft for focus groups
- e. Setting up a follow up with building principals on changing celebration culture. (Group discussion)