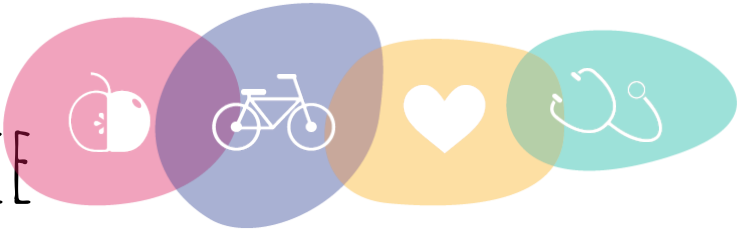


SEABROOK

Wellness COMMITTEE



Agenda

March 9th, 2023 2:45-3:45

Seabrook Middle School Library

- 1) Welcome
- 2) Policy updates-
 - a) [Review policy updates from 12/13/22](#)
 - b) Review Smart snack compliance for schools- list provided by Lindsay
 - c) Ideas for other “celebrations” and rewards instead of snacks- list for teachers.
 - d) SMS health club bake sale
- 3) Nutrition Update
 - a) Monthly nutrition newsletter - Started with March for Nutrition Month and will continue moving forward- “lost” in Sunday note and will try to send out independently through the program.
 - b) 1st Taste it Tuesday on 3/21!
 - c) National Nutrition Month - goal is to have activities for SES and SMS - health class curriculum for SMS in March? Worksheets for SES in teacher mailboxes starting next week
 - d) 6th grade curriculum is currently nutrition!
- 4) Physical Activity Update
 - a) Ideas: Morning Mile in May- Sara connect with L. Hamblet
 - b) Plan a walk to school day around Earth Day(4/21). Andrea will talk to Jimmy about organizing.
 - c) GOTR for 3-5th grade girls-spring 2023 - ways to promote
- 5) Community Involvement
 - a) Earth Day Celebration / Spring “Carnival”- Jordanne discussed community day with UA team at SES although heard it was the math team coordinating it. Sara will talk with the ses math team. Jackie will send an email to the “Celebrations Committee” to see if there were plans for Earth Day so we can all work together.
 - i) Stations or activities
 - (1) Trash pick up
 - (2) Seedlings
 - (3) Planting flowers/trees
 - ii) Families to come help
 - b) Fundraising ideas- Harlem Wizards
 - c) Wellness Newsletter - Spring Edition
- 6) Garden Bed /greenhouse Update
 - a) Garden bed update (Becky C.)

- b) Greenhouse/hot house update (Lauren D.)- proposal/sustainable plan due by the end of june. Needs for building, water, electricity, etc.
 - i) Incorporate into SMS pavilion (has wifi and water) so does not need to be as large as NHS.
 - ii) Growing season, September and October. Before April break seedlings start inside classrooms and upon return they get brought out to the greenhouse for April, May and June.
 - iii) NHS-Community run in the summer where they brought greenhouse grows to an outside garden
 - iv) Grant to cover raised beds as well.
 - v) Potential \$25k in funds
- c) Lauren, Becky, Rebecca K and Rebecca S are going to work together to get the proposal together.