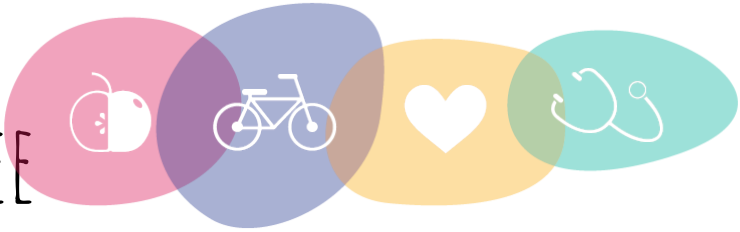


# SEABROOK Wellness COMMITTEE



May 18th, 2023 2:45-3:45

Seabrook Middle School Library

- 1) Welcome- Attendance: Lindsay G, Hayley P, Rebecca K, Katrina O., Jackie W., Jordanne S., Lauren D.
- 2) Policy updates-
  - a) Make sure policy updates in the handbook
  - b) Invite SAU admin to meetings
- 3) Nutrition Update
  - a) SAU update - initiatives for School Board, policy updates that we want to see and include Matt F on communication for Wellness mtg invite.
  - b) Monthly Nutrition newsletter continues
- 4) Physical Activity Update
  - a) GOTR for 3-5th grade girls- 15 girls signed up. Going well so far.
  - b) **Walk to School Event - recap and plan for Walk & Roll to School Day, on October 4, 2023-** Spring event went well. List of contacts for next year to be shared with people planning for the annual event in the fall.
- 5) Community Involvement
  - a) **Earth Day Celebration Recap-** smaller than anticipated, SES did math day that went well. We would like to do something next year on the Friday April 19th combined SMS and SES.
  - b) Fundraising ideas
  - c) **Wellness Newsletter** - Spring Edition - ready to go out!
- 6) Garden Bed Update- met twice, been in contact with Tractor Supply for plant donations.
  - a) Greenhouse update (Lauren D) - looking into costs, need to submit before June 30th. Meeting with SAU Staff to review.
- 7) Other News:
  - a) Set meeting times for next year
  - b) **Recycling concerns** - Talks about finding ways to increase recycling around the school/town.