

**FLEMINGTON-RARITAN REGIONAL BOARD OF
EDUCATION**

District Wellness Committee Meeting

February 14, 2020

8:30 a.m.

J.P. Case Room D-111

MINUTES

Attendance: Alyssa Salerno, Susanna Cunniff, Kathleen Barbee, Leigh Ann Koch, Noreen Bradley, Lisa Maslankowski, Lisa Koye, Kaila Fasano, Deb Tyler, Stephanie Voorhees.

1. Committee Overview

Role of the Committee

The District Wellness Committee will make recommendations to the Board of Education to establish and maintain a school environment that promotes the consumption of nutritious foods in school, provides opportunities for students to engage in physical activities and provide health and wellness education.

2. Wellness Fair

The following Wellness Stations were discussed:

Giant Jenga – P.E. staff
Cornhole
Health Screening
Massage Therapy (3)
Reflexology
Paraffin Hand Treatment
Horizon BFit – Gym Incentive Program
Health Wellness Center - Yoga
Hunterdon Medical Center - Cardiac Health / CPR, Urinary Health, Pelvic Therapy
Hunterdon Medical Center – Derma Scan
Health Wellness Center – Fit Bit
Healthy Snacks– Maschio's Food Service.
Smoothies - Maschio's Food Service.
FAD Garden - Mindful eating
Brown and Brown

To Do – Wellness Fair:

Set up with HMC – Kathleen B.
Flyer – Lisa M.
Raffle Items – PTO's/FREF – Stephanie V.
B-Fit – Kathleen B.
Decorations/Table Cloths/Balloons – Stephanie V.
Map Layout – S. Voorhees
Facility Use paperwork – S. Voorhees
Health Screening Sign up – Google Doc – Noreen B.
Massage Sign up – Google Doc – Susanna C.
FAD Garden – Invite – Stephanie V.
Banner – FRSD Wellness Fair – Noreen B.
Sign up Sheets for each School – Stephanie V.
Volunteer PTO Members at School Tables – Individual School Nurse

3. Other Items Discussed:

- Water Bottle Filling Stations at JPC and CH.
- Maschio's is looking into using washable fiber trays instead of disposable styrofoam trays.
- Susanna C. attended a Mental Health Seminar at the Baptist Church. The seminar was a great event. High School options are becoming available. Society needs to be educated. Parents need help navigating the topic.
- Discussed Suicide and Depression
- Discussed Social Media
- Discussed Medication
- Parent Education – Kevin Hines, Speaker – Junior jumping off Golden Gate bridge. # Behave Tomorrow. The district needs to look at other school districts to see what they are doing.
- Coping Skills – Help yourself. "Rule of Three" Self Help
- Chris D'Amico – Third grade student, talks about Kindness.
- Discussed Prevention Links

4. Next Meeting

Friday, March 9th, 9:00 a.m. - JP Case Room D-111