

**COMBINED CURRICULUM and WELLNESS COMMITTEE MEETING
MINUTES from MONDAY, APRIL 2, 2018**

Board Members Present: John Hutchins, Gavin Robinson, and Suzanne Wieland

Also Present: Dawna Bickford, School Nurse; Richard Modery, Holbrook Principal; Kristen Russell, Eddington Special Education Teacher; Susan Smith, Superintendent

- I. **Call to Order:** The meeting began at 5:05 PM.
- II. **Health Curriculum Update from Hillari Morgan, Teacher-Leader:** Mrs. Morgan was unable to attend the meeting. She provided a written overview. Please see page 3.
- III. **Updates from the School Nurse – Dawna Bickford:** Nurse Bickford shared information about illness in the district including strep, the flu, and pneumonia. Diabetes education has taken place in the classroom for students and for staff. The dental clinics at the three schools each have 10 to 15 students participating. Grade 7 students need to receive a Meningococcal vaccine and a D-TAP booster. Nurse Bickford is working on getting the word out about this.
- IV. **Healthy Families (Student Success Sub-Committee) – Kristen Russell:** Mrs. Russell shared plans developed by the Healthy Families Sub-Committee of the Student Success group.
 - A) **Healthy Snacks** – This group would like to have a Healthy Snacks “Brain Food” program ready to go for Kindergarten to Grade 4 in the fall of 2018. This would encourage students to bring/choose healthy snacks. The group has applied to Wal-Mart for a grant for water bottles. They will be looking for donors for healthy food and working on informational flyers.
 - B) **Family Health Fair** - They are considering kicking off the “Brain Food” program with a Healthy Families Fair on the afternoon/evening of Friday, September 28th or another date. The group has brainstormed many possible activities and planned a structure. They would like Grade 1 students to come to Holden on the bus to participate. They are wondering if people from the Wellness Committee would be interested in helping with a fair.
- V. **Other Business:** Richard Modery shared information about the professional development Holbrook teachers have been participating in during their staff meetings. This work focuses on “Reaching Teens” in partnership with Dr. Ken Ginsberg and the Maine Resilience Network.

It includes trauma-informed care and a strength-based approach to connecting with teenagers and helping them be successful.

Mr. Modery also shared that five people from RSU 63 went to the “Attendance Matters Summit” on March 29th. There were many good resources and ideas to help reduce chronic absenteeism (defined as students missing 10% or more of the total school days).

VI. Next Meeting Dates

A) Curriculum Committee: April 11, May 9, and June 10; all at 3:30 at the Holbrook School

B) Wellness Committee: To be held with the Student Success Committee on May 7 at 3:30 at the Holbrook School

VII. Adjournment: The meeting was adjourned at approximately 6:30 PM.

Health Curriculum Update

from Hillari Morgan (Teacher-Leader)

Committee Members:

K - Kelsey Linscott
1 - Krista-Rae Helms
2 - Erin Adams
3 - Val Palmer
4 - Samantha Bedore
5 - Maddy Roberts
6/7 - Nikki Goss
8 - Deanie Brownell
Specialists - Dawna Bickford, Polly Sparhawk
Facilitator - Hillari Morgan

Overview:

We started our first meeting asking our members to express their *hopes* and their *concerns*, which allowed us to craft a collaborative list and ensure that we could best support everyone.

We are now involved with reviewing materials and curriculums. We had a representative come and speak to us from The Great Body Shop during our last meeting. These materials are currently being piloted at Holbrook (Grades 5, 7, and 8). Our next meeting, April 11th, will consist of evaluating The Great Body Shop materials and whether we can make them work for our district's needs.

Skills-based Workshop:

In January, I attended a skills-based health workshop. The idea of switching to a skills-based approach comes from the concept that knowledge does not change behaviors - *skills* do. Skills-based simply means implementing learning that supports content through participatory methods. For example, goal setting and working towards a goal is a skill. Using their knowledge about physical activity, students could set and work towards fitness goals.

There was so much value in the material I learned at that conference. The main points I took away were:

- 1) assessments are needed to show proficiency,
- 2) assessments should also include demonstrating the *skills*, and
- 3) we should not cover every skill every year (this is also a time issue).

Wrap-up:

The materials we are looking at [The Great Body Shop] are primarily content-based. The question is, can we marry the two and make it work for us? As mentioned before, this, along with picking some skills to match up with about three content units per grade level, is what the committee will be looking on April 11th.