

Raymond School District  
Wellness Committee  
2018-19 Activity Notes

The 2018-19 Wellness Committee had a good year, despite a slow start. Over the course of the year we have tried different meeting times and locations to enable more members, especially School Nurses and Teachers, to attend.

In the fall, we discussed findings from the State DOE review in May 2018 and set plans to address these.

~2 goals were set for this school year:

- 1) The Wellness Committee will work jointly with staff members of the Raymond Coalition for Youth to develop, organize and hold a Student Wellness Fair at Raymond High School.
- 2) Members of the Wellness Committee will work with the IT Director to establish and develop a separate Student Wellness webpage on the District Website

~A separate meeting was held with the Health and FCS teachers from IHGMS, in hopes of recruiting at least one of these disciplines to become a part of the committee. We also discussed potential goals for next year from the Middle School in their areas, and what might be involved.

~At our second meeting the Wellness policy was revised and updated as required by our DOE plan of Action. Revision points focused on annually setting Measurable Goals and Annual Notification of the Policy. It was forwarded on to the Policy Committee.

~Multiple meetings were held with RCFY to coordinate efforts for the Wellness Fair. The date was set for May 17, to enable the Fatal Choices program (NH Liquor Commission, Dept. of Enforcement) to provide their outdoor activity as well. Our promotion was done thru the school announcements, newsletters, posters, Staff newsletter & Green Gazette. It was very well received by students and the 20 vendors who came were delighted with the interaction.

~Goals for 2019-20 were drafted, one finalized.

- 1) The increase in screen time in today's society has presented growing concerns for our students' wellbeing. Our Middle School has received a grant enabling them to purchase additional curriculum materials. Using these resources, the Health teacher is working on the development of curriculum that helps students see opportunities and make choices for more active pursuits. The Wellness Committee will conduct a student assessment at the end of this unit to see the impact of curriculum on paper.
- 2) The Elementary School has received a grant enabling them to purchase pedometers for the entire building. A walking program is being developed.

~The current Wellness information has been moved to its own Webpage. As a continuation of the 2018-19 goal we will be working on a mission statement and developing a logo of some sort. A contest to get students involved in this is being discussed.