

SAU # 93

District Wellness Committee

April 21, 2026 / 3:30 - 4:15 PM / Wilcox Building

ATTENDEES

Jody Bates (Co-Chair, Nurse)

Beth Cox (Director of the Nutrition Department/Parent/Co-Chair)

Meagan Brousseau (Admin Assistant of Nutrition/Parent)

Chris Czifrik (Director of Technology)

Janel Morin (Business Administrator)

Jennifer Strimbeck (School Board) via Zoom

No members of the public attended

AGENDA

Meeting Called to order @ 3:30pm

Last Meeting Follow-up:

- Minutes of March 24, 2026 reviewed and accepted - motion by Beth Cox, 2nd by Meagan Brousseau

NEW BUSINESS:

- Members and quorum?
- Overview of our Current Wellness Policy -
 - Wellness Committee Guidelines - Superintendent shall designate a Building Wellness Coordinator for each school - Beth sent an email out to JR & LS to compile an updated roster for sites
 - Wellness Policy Implementation & Record Keeping - Sending Lillian S meeting minutes and past minutes to be posted on the district website.
 - Nutrition - School Meals, Food as rewards - currently happening
 - Nutrition Education - posters around schools & Community Meeting addition for educational time
 - Physical Activity - very little is in our policy

- Review Other Districts Wellness Policies:
 - [PDF Londonderry School District Wellness Policy.pdf](#)
 - [PDF Keene School District Wellness Policy.pdf](#)
 - [PDF Concord School District Wellness Policy.pdf](#)
- Committee Comments: There are items in our policy that are covered in the WellSAT. Caffeinated drinks? Mental Health? Physical Activity? However, the district is not ensuring that the policy is being followed due to findings we reported.

ACTION ITEMS

- Prior to the next committee meeting Beth Cox and Jody Bates will:
 - Compile Questions for District Employees/Administrators
 - Complete the WellSAT
- Beth Cox will ask Lillian Sutton to post last month's District Wellness Committee minutes on the web page

NEXT Meeting: Tuesday, May 12, 2026 at 3:30pm @ Wilcox Building

Meeting adjourned @ 4:15