

CONTOOCOOK VALLEY SCHOOL DISTRICT
Office of the Superintendent of Schools
106 Hancock Road, Peterborough, NH 03458-1197

EDUCATION COMMITTEE MEETING

Tuesday, January 31, 2023

5:30 PM

Physical Location: SAU Boardroom

Minutes

Education Committee Members: Tom Burgess, Richard Dunning, Liz Swan, and Stephen Ullman (Chair)

Present: Richard Dunning, Stephen Ullman, Dr. Ann Forrest, Amy Janoch, Janine Lesser, Gretchen Lima

Stephen Ullman called the meeting to order at 5:34 p.m.

5:30 Approval of December 19, 2022 Meeting Minutes

Dick Dunning moved to approve the minutes of December 19, 2022. Stephen Ullman seconded. Unanimous.

5:35 Course Proposal for the 2023-2024 School Year:
Pilot Achieving Health Through Yoga (see attached information)

Gretchen Lima introduced herself as a second-year teacher at CVHS. She is proposing a yoga class as a fitness/wellness elective to the course offerings.

Ms. Lima said that we are working on Social-Emotional Learning (SEL) and this class would lend toward that, allowing students to work on their emotions and their breathing. This class would help them learn meditation and mindfulness. This course would help well round a student.

Dick Dunning said that he was in favor of this; it is something that students could carry through life.

Gretchen said that the cap could be up to 24 students with a minimum of 15 to run the course.

Stephen Ullman shared that he liked the lifelong learning component of this course.

Stephen asked if there is an expectation of a community reaction as to why we would be teaching an Asian religion.

Gretchen said that they are not teaching religion but rather mindfulness. We want students to try things they might do in their lifetime. This brings life skills to our students. She said that she did not anticipate a backlash from the community.

Stephen asked if there would be an evaluation of how skillfully the students perform the various poses.

Gretchen said that regardless of the activity, she evaluates how a student progresses and not how well they perform. Growth has been the discussion. It is about improving in the practice. Students would keep a journal to track what they learned and how it helped their mental state. Stephen said that the proposal mentions a dress requirement. Ms. Lima said that appropriate attire to allow a student to move their body is the requirement. Loose clothing would be recommended.

Ms. Lima said that she would seek professional development in the area of yoga.

Stephen further asked about role playing. Ms. Lima said that students would develop a yoga sequence of moves and share it with the class. It would be a capstone project.

Dick Dunning said that he sees anyone having the ability to participate in yoga; it is non-threatening. It is a great opportunity.

Gretchen said that holding a yoga certification is not a requirement to teach the course.

Ann Forrest said that this would be a pilot. This would run for one semester. Personal Fitness would run the other semester. Gretchen would return with enrollment information among other data.

A board vote is not required for a pilot program. This could be shared out at tonight's board meeting and ask for approval to pilot.

Ann said that Gretchen has only been with the district for two years and she has been digging in and evaluating; she has been an asset.

5:55 Summer Programming 2023

Amy Janoch reported that the elementary plan will be identical with what was offered last summer. Slight adjustments to the ELA support to be more center based to allow phonics and comprehension will be made.

At the middle school level, Monday will be added to allow four days Monday thru Thursday. It would mirror the high school. Middle school students could attend the extension programs at the high school.

The high school program will offer both boost and extension opportunities. We are revisiting project-based classes to engage students and give them a different way to learn geometry and algebra.

The high school is one week longer than the elementary schools because they are earning credit. Middle school was not in favor of adding one more week.

The Summer Program timeline was shared. It is about communication with families and teachers. A survey will be sent out to staff to determine interest. Information for inclusion in school newsletters will be provided to allow families to plan for summer.

Stephen Ullman asked if there was confidence that staff would return. Amy Janoch shared her confidence.

Middle school is the struggling point when considering student enrollment in the summer.

Amy Janoch shared that she is working with the transportation company to discuss routes that tie in to getting kids to the recreation department opportunities.

Tutors will be powerful in sharing summer opportunities available with students and families they work with.

Ann Forrest asked if any of the middle school music teachers might offer opportunities for students to play an instrument or other music related activities. Incoming fourth grade students might take the opportunity.

Stephen brought up the possibility of pottery making.

Personal fitness was also offered last summer.

6:15 Other & Adjourn

Dick Dunning motioned to adjourn the meeting at 6:10 p.m. Janine Lesser seconded. Unanimous.

Respectfully submitted,

Brenda Marschok