

**Woonsocket Health and Wellness Committee Meeting**  
**April 25, 2016, 4:00pm**  
**Woonsocket Middle School – Hamlet Building**

Present: C. Boudreau, D. Burke, T. Lowe, O. Martinez, A. Shalvey, M. Thompson

The meeting was called to order at 4:15 P.M. by D. Burke

**Consideration and approval of March 28, 2016 meeting minutes**  
**Motion to approve minutes of March 28, 2016: E. Shalvey 2<sup>nd</sup>: M. Thompson**  
**(Unanimously approved)**

**Discussion regarding topics/initiatives that the Woonsocket Wellness Subcommittee would like to work on and/or include in WED's finished Wellness Policy**

This policy is being revised to reflect current state law. The core committee has been attending workshops with the RI wellness collaborative to help WED make the necessary improvements. A major component of this draft policy is the evaluation component. A tool kit will eventually be assembled which will serve as an implementation guide for principals.

O. Martinez, a representative from Farm Fresh, was present and shared information on programs available to schools and the community. For instance, Farm Fresh can do food tastings in the cafeteria to promote local food. Woonsocket is number two in the state for use of local food. E. Shalvey requested that Farm Fresh forward her some introductory material that she can pass on to principals or principal's designee. A flyer with farm to school offerings was distributed. Posters regarding national dairy month and a contest to win a cow visit a school or a field trip to a dairy farm were also shared.

**Discussion on nutritional components**

Community gardens are popular in many areas. There is a garden behind the Harris Public Library managed by Community Care Alliance. Community gardening is something the committee would like to further explore. There are two grant requests out for a community garden at Coleman. This is in partnership with the principal and teachers. The school staff and pupils would maintain the garden during the school year. Connecting for Children and Families will maintain the garden after school. C. Boudreau will update the committee on the grant request. CCF currently has programs at Citizen's and Coleman. They also run sports programs at the Middle School and High School level. There are approximately 1600 kids in this program. Every school in Woonsocket qualifies as low income.

The approved health and wellness policy will be available in the fall. The policy will be fluid and open to enhancement and fine-tuning.

The next meeting will be held on May 23, 2016 at 4:00 P.M. at Hamlet Middle School. Please use door number 3, the rear entrance near the basketball courts.

The meeting adjourned at 5:05 P.M.

Respectfully submitted by Linda Houle