

Approve 01/11/2011

5.1

**NEWPORT SCHOOL COMMITTEE
Special Meeting**

Thursday, December 16, 2010

MINUTES

1.0 OPENING ITEMS.

1.1 Call to Order. Chairperson Mrs. Jo Eva Gaines called the Special Meeting of the Newport School Committee to order at 6:00 p.m., in Room 924, at the Newport Area Career & Technical Center, 15 Wickham Road, Newport, Rhode Island.

1.2 Roll Call. Attendance was as follows: School Committee Members: Chairperson Jo Eva Gaines, Vice Chairperson, Hugo J. DeAscentis, Jr. (arrived at 6:07 p.m.), Rebecca Bolan, Sandra J. Flowers, Ph.D., Patrick K. Kelley, Robert J. Leary, and Dr. Charles P. Shoemaker. School Department: Superintendent of Schools John H. Ambrogio, Ed.D.

2.0 SUBCOMMITTEE REPORTS.

2.1 Wellness Subcommittee Annual Report: Ms. Bolan introduced the Members of the Wellness Subcommittee and provided the Committee with the 2010 Wellness Subcommittee Annual Report, a copy of which is attached hereto. Judith Webb, Chairperson of the Nutrition Advisory Group (NAG), was introduced and reviewed the details of the Report. It was noted that Newport Public Schools led the state, and the country, in its implementation of its Wellness Subcommittee and its Nutrition Advisory Group. Discussion was held concerning the additional role the Nutrition Advisory Group could take on for the Newport School Committee, including food service contract management/monitoring, ensuring publication of food service menus in local media, and tracking and learning about commodities and their implications concerning recently passed food service legislation.

Mr. Leary moved to suspend the rules ***to recognize the Nutrition Advisory Group as the official representative of the Newport School Committee in overseeing and managing the general nature of the food service program. The signature authority shall be retained by the Newport School Committee.*** Discussion followed regarding the appropriateness of taking action on this

motion, given it was not properly posted and advertised on the agenda. Mr. Leary withdrew his motion for consideration and requested that it be included as an action item for the Regular Meeting of the School Committee scheduled for January 11, 2011.

3.0 EXECUTIVE SESSION:

There was no motion to go into Executive Session.

4.0 ADJOURNMENT

At 7:15 p.m., Dr. Shoemaker made a motion to adjourn the meeting. Mr. Kelley seconded the motion, which carried unanimously (7-0).

Jo Eva Gaines
Chairperson

John H. Ambrogi, Ed.D.
Clerk

Health & Wellness Committee

Annual Report - December 2010

- **Subgroups**

- Physical Activity
- Health Education
- Gardens
- Community Outreach
- Nutrition



Physical Activity

- Expansion of Carol White Grant
- Recess before lunch in 2 of 4 elementary schools
- 5th grade recess
- Expand opportunities for physical fitness in the schools.

How good a job are we doing?

Health Education

- Kids First has played a major role in nutrition education in the classroom but has recently run out of funding.
- Consistency and implementation very spotty

*This is the number one goal for Health and Wellness committee for the 2010/2011 school year

Gardens

- Garden planning with a master gardener took place at every school.
- All schools except TMS have a garden in place.
- Gardens range from Zen to Edible to Aesthetic
- Collaboration with Learners Journey Garden
- Using food we grow in the food program
- Garden planning for new school

Community Outreach

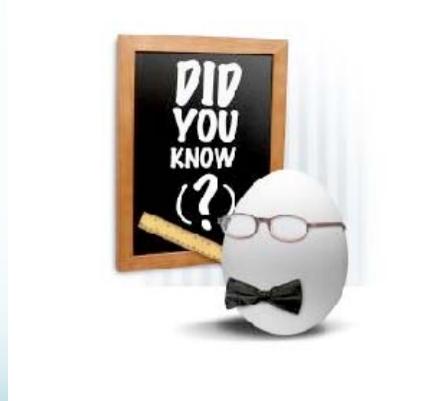
- Wide representation including staff, parents, social
- service agencies and students
- Created a procedure and opportunity for parents to participate in the meal program
- Involve parents and children on a regular basis
- Website development
- Working to involve all P.T.O.'s on a regular basis



Why N.A.G.?



The Facts



Life in the U.S.

“It is predicted that children growing up today will be the first generation with a shorter life expectancy than the previous generation”.

(Centers for Disease Control)



Life in Newport

- 1) 1 in 4 children live below the poverty line
- 2) 1 in 3 children receive Medical Assistance
- 3) 44% of children come from single parent families
- 4) 1 in 6 Newport children are obese

"Each year Newport Hospital treats patients struggling with the effects of chronic diseases related to obesity, such as Diabetes, Hypertension, and Heart Disease. Today, approximately one in six children in Newport County is considered obese. Prevention is the most effective treatment for obesity. Good nutrition in schools is a key means to promote healthy lifestyles and help curb this spiraling epidemic."

Judi Smith, RN
Coordinator, Staff & Community
Education
Newport Hospital



The Face of Hunger is Changing...



Half of Newport's school children are food insecure



Sharing the Responsibility

- Who feeds our children?
- Over 60% of our children are income eligible to eat 2 out of 3 meals at school daily



Meal Reimbursement

Federal Breakfast Reimbursement for income eligible children:	\$1.82
Sodexo's cost per Elementary breakfast:	\$1.53
Sodexo's cost per Secondary breakfast:	\$1.53



Children of low-income families subsidize the meals we serve to all of our paying children.

Current meal prices:
 Elementary: \$0.75
 Secondary: \$1.00

Implications

- Much larger discrepancy for lunch than for breakfast
- Our meal program would be vastly improved if we weren't subsidizing paying students on a daily basis
- Our hand will be forced to increase the price of a meal or have the district subsidize it under the new Healthy, Hunger-Free Kids Act

District Policy

- **5.1.16 E Establish and maintain a district-wide Nutrition and Physical Activity Advisory Council with the purpose of:**
 - Developing guidance to explicate this policy
 - Monitoring the implementation of this policy
 - Evaluating policy progress
 - Serving as a resource to school sites
 - Revising policy as necessary

How Do We Get There?



School Nutrition Advisory Members December 2010

Becky Bolan	(School Committee)
Carole Toselli	(Healthy Schools Coordinator, Kids First)
Casey Riley	(Chief Operating Officer, Newport Harbor Corp)
Jennifer McCabe	(Manager Aquidneck Farmers Market)
Jennifer Quigley-Harris	(Director of Communications, Kids First)
Judi Smith	(Director Staff Education, Newport Hospital)
Judith Webb	(Leader: Nutrition Advisory)
Kerry Clougher	(KidsFirst / Private Chef)
Lorrie Fedyszyn	(Family Service Coordinator-Coggeshall)
Pauline Perkins-Moye	(Director Social Services, Npt. Housing Auth.)
Robert Leary	(School Committee)
Dorothy Brayley	(Executive Director, KidsFirst)
Lisa Williams	(Chief Clinical Dietician, Newport Hospital)
Susan Wells	(ML King Jr. Board & The Food Connection)
Tony Caputi	(Newport Hospital Intern/RWU graduate student)

School Nutrition Advisory Members December 2010

***Six members of the committee have children attending Newport schools*

Jack Ambrogi Superintendent
Solange Morrissette Sodexo General Manager
Cathy Rocco - Sodexo District Manager

Sullivan "Breakfast Club" additional volunteers for September, October, November, December

Lil Hargrove: former Newport school nurse & Emmanuel Soup Kitchen
Joan Simmons: former teacher & leader of the Community Garden across from the Sullivan School

Establishing Priorities



“When I was first invited to join the nutrition group for Newport schools, it was to provide the perspective of a local business leader and chef. I did not know what to expect, but I quickly came away surprised and concerned. As a father of two toddlers, it has struck a personal cord. Nutrition and providing wholesome foods should be the number one priority in our school meal programs. Sadly, it is not. Without an organized and professional group to bring the priorities to a proper balance, our school meal programs will be executed only with regard to efficiency and profits to the school food service company. All of this is guided by inappropriate menu development. This problem is further exacerbated by the use of the lowest quality food products. Our children's health and well being does not count in this nutrition equation.”

Casey Riley
Chief Operating Officer
Newport Harbor Corp



Food



** An Advisory Group approves the menu and meets monthly with the Food Service company.*



- The menu served conforms to the printed menu for both breakfast and lunch
- Portion sizes are age appropriate.
- Students know all of the choices they are entitled to when selecting a school breakfast or lunch
- A hot breakfast entrée is offered everyday in every school
- Leftover food is offered as seconds to students at the last lunch regardless of meal status
- Food is prepared and displayed to look good with visual appeal as “we eat with our eyes” .
- If served, salad and vegetable sides are in small portions which minimizes waste
- To enhance taste, cups of individual dip are served alongside the raw veggies
- Entree choices and side dishes are varied to discourage the boredom of limited choices
- Student taste test & new food surveys for students are held throughout the year
- A Student Nutrition Advisory Council meets monthly with the Food Service company to help insure that the food we serve is the food kids will eat.



Mechanics

*** Present H&W policy states: "A cafeteria environment that provides students with a relaxed, enjoyable climate shall be developed. The cafeteria environment is a place where students have: adequate space to eat in clean, pleasant surroundings and convenient access to hand washing or hand sanitizing facilities before meals.**



- The lunchroom is a pleasant, light-filled place with enough space for each child to sit in comfort
- Before school recess is not an obstacle to a student eating a school breakfast daily
- Provisions and procedures exist so that students do not eat meals wearing outerwear
- The keypad is to be used by every child grades 1-12 with adult assistance for Kindergarten
- Students have a minimum of 20 minutes to eat lunch from the time they are served, with 25 minutes preferred for Kindergarten students.
- Properly operating hand washing/ sanitizing opportunities are easily available and child friendly
- A procedure exists so that students arriving late, due to bus delays and certain other circumstances, can eat their school breakfast with a "grab & go" meal.
- Ways of serving efficiently are maximized to allow for more time eating i.e. students arrive at lunch grouped according to entrée choice number; data entry is done after all meals are served
- Students who bring lunch and students who eat a school lunch should sit intermingled
- There are no distractions in the lunchroom when eating, including no TV/movies until recess
- Establish a district-wide policy for the recycling of milk cartons with supportive classroom activities
- Recess Before Lunch is a recommend option.

Family Outreach

- Mandate: Every student has on file a current meal status form: free, reduced, paid; use rewards
- Families are encouraged to report changes in eligibility for school meals throughout the year.
- The school honors & protects the financial confidentiality of all students & their families
- Families' questions & suggestions, regarding school meals, are brought to the attention of the school principal and the Nutrition Advisory Group and are addressed promptly.
- Necessary dietary accommodations , under the guidance of the school nurse, are made for a student.
- Current monthly menus are sent home in grades K-5 and posted on the district/schools website.
- Weekly, the food service provider will publish current monthly menus in the local paper.
- Students & their families understand why it is important to eat breakfast at home or at school.
- Inform families that breakfast can be purchased on any day, using flyers, notices, PTO's, open house events and other venues
- The H&W Committee will produce appropriate meal/nutrition information for school families

School Staff: Outreach/Oversight

****Present H&W policy states staff nutrition & physical activity education has “the purpose of building the commitment of staff to promote the health of students and building the commitment of staff to help improve the school nutrition and physical activity environment”***

- The School Committee will receive monthly reports from the Food Service provider that will include, at the least, a copy of the two pages submitted to RIDE monthly for reimbursements. The SC is encouraged to ask for whatever additional data, charts, information they wish.
- The H&W Nutrition workgroup will receive copies of any monthly reports that are received by the School Committee.
- Each principal, or their appointed staff person/s, has been informed of the goals for our school meal program as developed by the Health & Wellness Committee
- Training is available for each principal, or their appointed staff person/s to provide appropriate hiring, oversight and good communication as it pertains to the school meal program
- Training is available for each principal, or their appointed staff person/s to provide appropriate hiring, oversight and good communication as it pertains to the school meal program
- Focus on the importance of lunchroom aides as active role models, creating a pleasant eating atmosphere and helping students make healthy food choices while they encourage students to eat a nutritious meal .
- Teachers have explained the day's lunch choices so students understand what they are ordering
- Appropriate nutrition education skills & understandings are taught to enhance student's experiences with food to enable them to make healthy decisions
- On-going “Table Hosts” programs encourages new food tasting, nutrition talk, fable manners
- A suggested list of non-food based choices for school celebrations is available for staff/ families

Our Vision



The Healthy, Hunger-Free Kids Act

- Sets tougher nutritional standards and gives funding to schools that meet these standards.
- Helps establish local farm to school networks and creates school gardens.
- Helps to improve nutritional quality of commodity foods.
- Mandates access to drinking water in schools, particularly during meal times.
- Addresses school wellness policies and includes goals for nutrition, education and physical activity.
- Sets benchmarks for states to improve the certification process for free and reduced lunch applications.
- Eliminates paperwork for universal meal access in high poverty communities.
- Provides financial support to schools who serve after school meals
- Districts will be audited every three years
- Includes provisions to ensure the safety of school food
- Provides training and technical assistance to food service providers

Make the Healthy Choice... The Easy Choice



Doug Beghtel/The Oregonian

“I have participated in the N.A.G. personally, even though I do not live in Newport, because I feel so strongly about helping RI communities take ownership of their complex and not well understood food service contracts. It is up to each district community to take the time to understand their contract and to manage their contracting company – in Newport’s case, Sodexo. It is your school district that initiates and pays for the contract and it is your community’s children who are nourished well or poorly by your contract.

Over the past year+ I have personally watched the N.A.G take the time to learn and understand their food service contract, to take ownership, and to tirelessly push Sodexo to meet the terms of the contract and provide a better and more nutritious food service program for the children. It has been very challenging for N.A.G. members and it has taken time. N.A.G. is making remarkable progress and I see N.A.G as the model for all RI school districts for taking charge of their Food Service Contract to feed their children fresher, healthier foods that they so deserve and need from this publicly funded program. It surely does not happen without this community involvement! Go N.A.G.!”

Dorothy Brayley. Executive Director, Kids First



Nutrition Advisory Group Recognition

- The N.A.G. will be responsible for:
 - Reviewing and evaluating the school meal program
 - Proposing improvements
 - Evaluating the school meal contract
 - Overseeing the breakfast and lunch programs
- The N.A.G. will, work collaboratively, and report regularly to the Administration and the School Committee regarding the meal program.

Going for the Gold...

Newport Leads the Way

