

Newport Public Schools
Wellness Subcommittee
Minutes from December 6, 2006

I. Opening

Mrs. Gaines was unable to attend, so Dr. Ambrogi chaired the group and called the meeting to order.

Members Present:

Dr. John H. Ambrogi, Superintendent
Ms. Judy Smith, RN, Newport Hospital
Ms. Jeannette Bessinger, Newport Hospital
Dr. Tom Galvin, School Comm.
Mrs. Amy Donnelly Roche, Director of Student Services
Ms. Colleen Raposa, Teacher NACTC
Ms. Carolyn May- Martin, School Nurse Teacher
Mrs. Denise Kelly, School Nurse Teacher
Mrs. Jan Watkinson, School Nurse Teacher
Mr. Rah'd LeTang, Sodexho
Ms. Susan F. Cooper, Dept of Parks & Recreation

Members Absent:

Mrs. Jo Eva Gaines, School Comm.
Ms. Maureen Grimes, School Nurse Teacher
Mr. Victor Moniz, School Nurse Teacher
Mr. Arthur Bell, Jr. Supervisor for PE and Health Instruction
Mrs. Lenny Phelan, Newport Hospital
Ms. M. Jane Barry, Retired Nurse Educator
Ms. Luisa Valencia, Blue Cross/Blue Shield
Mrs. Becky Bolan, Parent

II. Review Minutes of November, 2006

Dr. Galvin made a motion to accept the minutes from our last meeting. Ms. Watkinson seconded, and all agreed to accept the minutes of our November 8th meeting.

III. Schedule first meeting of Newport's Joint Advisory Council on Nutrition & Physical Activity

The Newport Hospital's conference room is available on January 25th at 3:00 PM for this meeting. This will be our first Joint Advisory Council meeting.

IV. Update from Sodexho

Dr. Ambrogi asked Mr. LeTang to review Sodexho's work, and Mr. LeTang shared the document, "Wellness Plan, Stage One" with the group. Dr. Ambrogi explained that he will inform the School Committee of this work first, and then share it with his administrators.

A sample vegetarian menu was shared, and Mr. LeTang reported that many students, not just vegetarians, are opting to partake of these options.

V. Finalize list of healthy classroom celebrations and rewards

Ms. Bessinger reviewed the pending edits to her document and will forward them to Dr. Ambrogi for his final review.

VI. Discussion of draft Elementary Recess Protocols

Dr. Ambrogi explained that he has been conducting research on this matter, and found very few districts nationally had clear criteria for when to cancel recess due to weather conditions. One district in Massachusetts uses a wind-chill cutoff, which Dr. Ambrogi will raise as a possibility for discussion with the principals.

VII. Discuss forthcoming initiative of 60 minutes of movement daily (beyond school day.)

Ms. Cooper explained that this is a forthcoming mandate which she is interested in spearheading locally through the Department of Parks and Recreation. She will be gathering more information to share with this committee.

VIII. Additional Discussion

Discussion again moved to consider how to measure the impact of our work. The state reportedly is interested in piloting a measurement process in either Newport or Central Falls. This would involve a multi-tier data-collection process that has the potential to become a national model.

Ms. Watkinson reported on a recent “Fit for Life” unit of study she and her student nurse conducted, and noted the documented need to reduce blood pressure and increase fitness for students who are as young as twelve years old. Our School Nurse Teachers will brainstorm efficient, private ways to measure change in student wellness at a School Health Meeting.

Bake sales at Rogers are a significant method of fundraising, and Mrs. Kelley asked Sodexo for a list of healthy recipes to use at future bake sales. Mr. LeTang agreed to provide some. Mrs. Kelley noted that Mrs. DiCenso, Rogers High School principal, plans to share the policy, addendum, and recipes that meet the guidelines at the next full faculty meeting.

IX. Follow-Up Needed

<i>What</i>	<i>By Whom</i>	<i>By When</i>
a. Invite members to join Newport’s Joint Advisory Council on Nutrition & Physical Activity tentatively scheduled for January 25, 2007 @ 3:00PM.	Mrs. Gaines	01/03/07
b. Develop agenda and expectations for the first meeting of the Joint Advisory Council	Mrs. Gaines, Ms. Smith, Mrs. Kelley, Ms. Bessinger, Ms. Watkinson Mr. Bell	01/25/07

X. Next Meeting

All agreed that this committee will not meet again until after the Joint Advisory Council convenes.

The Joint Advisory Council’s first meeting is tentatively scheduled for January 25, 2007 @ 3:00PM at the Newport Hospital.

XI. Adjournment

Dr. Ambrogio concluded the meeting and encourages everyone to attend the Joint Advisory Council.