

Newport Public Schools
Wellness Subcommittee
Minutes from November 8, 2006

1. Opening

Mrs. Gaines called the meeting to order.

Members Present:

Dr. John H. Ambrogi, Superintendent
Ms. M. Jane Barry, Retired Nurse Educator
Mr. Arthur Bell, Jr. Supervisor for PE and Health Instruction
Ms. Jeannette Bessinger, Newport Hospital
Mrs. Becky Bolan, Parent
Mrs. Amy Donnelly Roche, Director of Student Services
Mrs. Jo Eva Gaines, School Comm
Dr. Tom Galvin, School Comm
Mr. Rah'd LeTang, Sodexo
Ms. Solange Morrissette, Sodexo
Dr. Charles P Shoemaker, School Comm
Ms. Judy Smith, RN, Newport Hospital
Mrs. Jan Watkinson, School Nurse Teacher

Members Absent:

Ms. Susan F. Cooper, Dept of Parks & Recreation
Ms. Maureen Grimes, School Nurse Teacher
Mrs. Denise Kelly, School Nurse Teacher
Ms. Carolyn May- Martin, School Nurse Teacher
Mr. Victor Moniz, School Nurse Teacher
Mrs. Lenny Phelan, Newport Hospital
Ms. Colleen Raposa, Teacher NACTC
Ms. Luisa Valencia, Blue Cross/Blue Shield

Visiting Observer

Karla Cynewski, Student Nurse

1) Review Minutes of October, 2006

Accepted in corrected version

2) Expanded Advisory Council discussion

Mrs. Gaines opened the conversation re. merging our Advisory with the similar initiative being undertaken by Newport Hospital. Both groups are working under RI Department of Health initiatives. We agreed that meeting simultaneously would allow for more leverage and a bigger voice in the community as we roll out our initiatives. A motion to merge these two groups was made, seconded, and approved.

Mr. Bell suggested adding Nancy Young, PE Teacher at Carey School, to the group of recommended Advisory Council members.

3) Comments/Remarks from Superintendent

Dr. Ambrogi shared data from his survey of snacks currently sold in our schools. Having put our nutrition policy in effect already, the committee is concerned that Sodexo may not be adhering to it.

Sodexo was given the results of this survey earlier in the week, and has responded. Ms. Morrissette reports that the fruit juices being sold adhere to the nutrition policy. Other items, such as ice cream and Little Debbie's, were removed this week. They will be replaced with multigrain chips, granola, low fat snacks, Teddy Grahams, and yogurt. Ms. Morrissette explained that Sodexo is working closely with *Kids First RI* who helped establish the state guidelines. She also shared information re. Sodexo's pilot program at Jenks Jr. High in Pawtucket.

Sodexo is considering developing a vegetarian entrée of the week at Rogers High School. They will also work with Mrs. DiCenso, Principal at Rogers High School, to develop a focus group of students regarding healthier menu choices for all Newport schools.

We also reviewed the survey regarding vending machines at each school.

A common plan for outdoor recess will be discussed at an upcoming Administrators' meeting. All agreed that we are making progress in these areas.

4) Additional Discussion

Dr. Shoemaker raised the question re measuring the impact of our work. Discussion included measuring students' weight, body-mass index, and/or attitudes. Issues of embarrassment and privacy arose. We talked about measuring weight, attitude, blood pressure etc and agreed that to have the School Nurse Teachers' brainstorm efficient, private ways to measure change at a School Health Meeting.

5) Follow-Up Needed

<i>What</i>	<i>By Whom</i>	<i>By When</i>
a. Invite additional members to join Joint Advisory Council.	Mrs. Gaines	01/03/06
b. Develop consistent criteria for outdoor recess at our elementary schools.	Dr. Ambrogi	01/03/06
c. Develop suggestions for measuring change in students' health.	Ms. Donnelly Roche	01/03/06
d. Share alternate (non-edible) fundraising ideas with PTO Advisory.	Dr. Ambrogi	01/03/06
e. Email additional ideas for healthy classroom celebrations & rewards to Ms. Bessinger.	All	12/05/06
f. Review new policies with administrators in order to plan for teacher input on how to implement fully at each school.	Dr. Ambrogi	01/03/06

g. Next Meeting

We will meet again on December 6, 2006.

The tentative agenda for this meeting is as follows:

- Confirm date for Joint Advisory Council and council membership
- Update from Sodexo re. Menu Changes
- Finalize list of healthy classroom celebrations and rewards
- Discussion of draft Elementary Recess Protocols
- Discuss forthcoming initiative of 60 minutes of movement daily (beyond school day.)

h. Adjournment

Mrs. Gaines ended the meeting, thanking everyone for their input and time.