



NEWPORT PUBLIC SCHOOLS

**NEWPORT PUBLIC SCHOOLS
WELLNESS SUBCOMMITTEE**

Minutes from April 22, 2009

I. Opening

Ms. Bolan called the meeting to order.

Members Present:

Dr. John H. Ambrogi, Superintendent
Ms. Rebecca Bolan, Subcommittee Chair; Sch Committee
Ms. Amy Chandler, BCBSRI
Ms. Kerry Clougher, Underwood Parent; Chef
Ms. Susan Cooper, Newport City
Ms. Caroline Cranson, Cranston-Calvert Parent
Ms. Amy Donnelly Roche, Director of Student Services
Ms. Lori Fedyzen, Family Service Coordinator
Dr. Sandra Flowers, Sch Committee
Ms. JoEva Gaines, Sch Committee
Ms. Carolyn May-Martin, School Nurse Teacher
Ms. Renee Mason, Student Representative
Ms. Terry Mason, Thompson Parent
Ms. Solange Morrisette, Sodexo
Ms. Lisa O'Donnell, Coggeshall Parent
Ms. Margot Pires, EBCAP
Ms. Jennifer Quigley-Harris, Underwood Parent
Ms. Judi Smith, Newport Hospital
Ms. Judith Webb, Community Member
Mr. Ryan Zilly, EBCAP

Members Absent:

Mr. Arthur Bell Jr., Supervisor of PE & Health
Ms. Mardie Corcoran, Rogers Parent
Ms. Kelley Cord, Underwood Parent
Ms. Meg Edward, Parent
Ms. Lisa Fernandez, Salve Regina University
Ms. Donna Johnson, Parent
Ms. Denise Kelly, School Nurse Teacher
Ms. Johanna Kilroy, Human Services Mall, TMS
Ms. Kerry Kunze, Sodexo
Mr. Jan Mermin, Carey Parent
Ms. Sarah Mermin, Carey Parent
Ms. Haley Murphy, Student, TMS
Ms. Pauline Perkins-Moye, Newport Housing Authority
Mr. Peter Millanazzo, YMCA
Ms. Melissa Pattavina, Underwood Parent
Mr. Richard Ratcliff, Sullivan Parent
Ms. Coleen Raposa, School Nurse Teacher
Ms. Carole Toselli, Kids First RI

II. Introductions & Updates

Ms. Bolan, our chairperson, convened the meeting and shared her agenda for today as well as the minutes from the last meeting for everyone's review and consideration. She also passed around a folder of interesting and positive events going on in Newport's schools.

III. Old Business

A. Consideration of Minutes from our Last Meeting

The committee reviewed the draft minutes.

Two edits were made, and then the minutes were approved.

B. Update on Fresh Fruit and Vegetable Program

Coggeshall School has a \$14,000 to spend and Sullivan School has \$9,000. Mss. Morrisette shared some pictures of the foods children are now enjoying, and explained that she is attempting to get approval to share the granted resources among all of our elementary school. If that is not possible, some of the funds may be carried over into the 2009-2010 school year.



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C. Update on Table Hosts

Ms. Quigley-Harris noted that Underwood School’s table host program began this week, and that it is already being replicated in other elementary schools on a smaller scale. Parents and community members involved volunteer to join a group of students for lunch to encourage them to taste fruits and vegetables with which they are not familiar. The program aims to encourage students to enjoy their fruits and vegetables, and take advantage of the full serve program that Newport Public Schools now offers.

D. “The Lunch Lady”

Johnson & Wales University had a speaker, “The Lunch Lady” who hails from Berkley Unified School District. Ms Quigley-Harris attended along with Ms Carole Toselli from Kids First. The materials presented are now posted on the Kids First website. Ms. Quigley-Harris recommended that all committee members review the materials.

E. RFP for Meal Contract

Dr Ambrogi noted that the proposals are due tomorrow. We will then know which vendors are submitting proposals to be our school nutrition vendor. He is recommending that Mr. Saunders convene a large screening committee to review all bids, to involve all constituents including School Committee members, school nurse teachers, teachers, and parents.

F. Additional Updates

Mrs. Gaines reported out that at the first meeting of our working group regarding public relations, Ms Quigley-Harris shared her idea for acquiring airtime on the local radio. Based on that conversation, Mrs. Gaines arranged for W-ADK 1540AM to provide monthly time for her to host interviews that highlight good things occurring in the schools. The first airing went well.

Ms. Lori Fedyzen, Family Service Coordinator at Coggeshall School, reported out on this week’s start of the “pilot” of *Recess Before Lunch*. The new approach to scheduling has been in place for only three days, and she noted that this is not long enough to tell if it makes an impact. The Principal, Mr. Franco, reported to Ms. Fedyzen that he suspects that children may be eating more. Children at Coggeshall are sure that they are getting more time to play.

Ms. Chandler shared an update from MuniBlue, including a list of recent BCBSRI sponsored wellness stop-bys. She noted that the event at Carey School today had a great turnout. This event focused on portion control. The other stop-by at Rogers today had a lower turnout, which may have been due to the school assemblies and academic activities that kept staff members busy. Additional wellness stop-bys have been scheduled at each Newport school, as explained on her handout, which was disseminated to all committee members. Ms. Chandler also noted that BCBSRI continues to offer screenings to all staff, as well as classes such as yoga and Pilates. Interested parties can schedule these activities through Ms. Chandler directly or through Ms. Constance Donnelly. Mrs. Gaines noted that a stress reduction workshop might be needed for School Committee members.



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Ms. Morrisette shared an update from Sodexo with the group. She shared photos highlighting the Asian stir fry featuring vegetables held recently at Rogers High School and noted that Sodexo served more than thirty pounds of vegetables at the event. Based on how well that went, Sodexo featured these same vegetables at a made-to-order station in the regular meal line at Rogers. It was also a huge success.

Sodexo is applying for an equipment grant with the goal of purchasing a chilled portable food bar, to be located at Cranston Calvert, and a refrigerator to be located at Coggeshall, to store vegetables. Sodexo also seeks to purchase an induction cooking wok (portable among the Middle School and High School.)

The free “Be Fit Guide” from Dr. Quaglia and the Quaglia Institute is now available to all districts, and supported by Sodexo. So far, Newport is only district in the state taking advantage of this guide. Guides are available now for grades K-2, and will be coming soon for grades 3-5.

IV. New Business

A. Community Leadership Institute for Childhood Obesity Prevention Task Force

Ms. Cooper provided an update on her grant application to send a team from Newport to this event, which will occur for three days in Boston. It will be held at Tufts University. She should know if our request was approved by the end of May.

B. Rhode Island Nutritional Requirements (RINR)—see addendum

Ms. Bolan shared a one page summary of the RINR 2009 requirements which Sodexo and the Newport Public Schools have been working toward since the requirements were legislated. All requirements on this summary sheet are mandated by September, 2009. Ms. Morrisette noted that there are different requirements for elementary schools versus secondary schools, and that Sodexo is on track for Newport to meet or exceed all requirements, on schedule.

C. Discussion re Universal Breakfast Bill

Ms. Bolan noted that she has information about proposed legislation pending regarding universal free breakfast. Mrs. Gaines asked if the proposed bills included any funding, and Mrs. Bolan noted that they did not. She asked Ms Morrisette re how universal breakfast works in Pawtucket. Ms. Morrisette noted that the first year it ran a \$100, 000 deficit and that for the past two years it continues to run a \$50,000 deficit.

Dr. Ambrogio noted that Woonsocket runs this program with a deficit, and that West Warwick started the program and stopped it do to an excessive deficit.

Ms. Mason asked what the rationale for this imitative is, and Dr. Ambrogio noted that he understands it is intended to reduce stigma for children who receive a free and reduced breakfast. Ms. Webb noted that she understands our new Commissioner of Education was in the newspaper in Washington, DC touting



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the universal breakfast and noted that this matter is of great value to her. Ms. Bolan noted that she has invited the new Commissioner to join our next meeting.

D. Work Groups

Ms. Bolan asked that our three work groups convene: Public Relations; Physical Activity; and Nutrition.

V. Future Meetings

The next Wellness subcommittee meeting will be on June 11, 2009 in the Sullivan School cafeteria. The meeting will start at 4:00 PM.

VI. Adjournment

Ms. Bolan concluded the meeting.