



NEWPORT PUBLIC SCHOOLS

**NEWPORT PUBLIC SCHOOLS
WELLNESS SUBCOMMITTEE**

Minutes from June 11, 2009

I. Opening

Ms. Bolan called the meeting to order.

Attendees:

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. Denise Kelly, School Nurse Teacher
Dr. Sandra Flowers, Sch Committee
Ms. Terry Flynn, Community Member
Ms. JoEva Gaines, Sch Committee
Mr. Robert Leary, Sch Committee
Ms. Judy Michel, Community Member
Mr. Peter Millanazzo, YMCA
Ms. Renee Mason, Student Representative
Ms. Terry Mason, Thompson Parent
Ms. Haley Murphy, Student, TMS
Ms. Lisa O'Donnell, Coggeshall Parent
Ms. Jennifer Quigley-Harris, Underwood Parent
Ms. Judi Smith, Newport Hospital
Ms. Emily Stewart, Navy
Ms. Carole Toselli, Kids First RI
Ms. Judith Webb, Community Member
Mr. Ryan Zilly, EBCAP
Newport Boys and Girls Club

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. Lori Fedyzen, Family Service Coordinator
Ms. Lisa Fernandez, Salve Regina University
Ms. Donna Johnson, Parent
Ms. Johanna Kilroy, Human Services Mall, TMS
Ms. Kerry Kunze, Sodexo
Mr. Jan Mermin, Carey Parent
Ms. Sarah Mermin, Carey Parent
Ms. Carolyn May-Martin, School Nurse Teacher
Ms. Pauline Perkins-Moye, Newport Housing Authority
Ms. Margot Pires, EBCAP
Ms. Solange Morrisette, Sodexo
Ms. Melissa Pattavina, Underwood Parent
Mr. Richard Ratcliff, Sullivan Parent
Ms. Coleen Raposa, School Nurse Teacher
Ms. Nancy Wilcox, Community Member

II. Introductions & Updates

Ms. Bolan, our chairperson, convened the meeting and asked folks to take a nametag, (new system for attendees.) She welcomed the group to Sullivan School and shared her agenda.

III. Old Business

A. Consideration of Minutes from our Last Meeting

The committee reviewed the draft minutes. Three minor edits were made. Ms. Flynn made the motion to approve with these amendments and Ms. Gaines seconded said motion. After very little discussion, the minutes were approved.

B. Update from MuniBlue

Ms. Chandler provided an update. A grant regarding Worksite Wellness was recently awarded to NPS. Ms. Fran Eames, Human Resources Coordinator, accepted the award on behalf of the district at a



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breakfast. Ms Chandler joined her for the event. A grid of recent drop in wellness events for NPS employees was reviewed.

C. Update from City of Newport

Ms. Cooper provided an update on her grant application. Our community has been accepted to send a team from Newport to this event, which h will occur for three days in Boston this summer. It will be held at Tufts University and focus on community leadership to reduce childhood obesity. There are several surveys and interviews that the representatives of the city government, community hospital, and public schools will need to complete in advance. Ms. Cooper everyone in advance for their support and participation.

D. Food Service Update

Ms. Kunze provided written update. Sodexo has secured some stimulus funds for the purchase of equipment. This will include a salad bar at Cranston-Calvert, and new refrigerator at Underwood School, and an induction burner for use at TMS and RHS, as well upgrades to our Point of Sale (POS) system, so we will have enough Underwood and Coggeshall. Ms Kunze reported that the summer lunch program is on track to start June 29th. We are the first community in the state to offer hot food during a summer feeding program.

E. The Food Connection

Ms. Webb shared a new updated version of *The Food Connection* flyer that lists all the supplemental nutrition resources in the city. It has been updated for the Spring and Summer season to our families in need can know how to access food pantries, soup kitchens, etc. Several present commented on how quickly these flyers seem to be taken from displays.

F. Review of Workgroups

Ms. Bolan reiterated the three existing workgroups that this subcommittee has: Physical Activity, Nutrition, and Public Relations/Outreach. She then spoke of the addition of a fourth workgroup: Gardens.

IV. New Business

A. Kids First of RI Proposal for Workshop

Ms. Toselli proposed a workshop to target the fifth and sixth graders who will be new to TMS this Fall. The purpose of the workshop would be to highlight the RINR requirements for school meals, educate students about the reasons to eat healthier, and introduce students to the expanded options for lunch that the modern TMS school facility allows. It was mentioned that the workshop could include food demonstrations and sampling as well. This could be arranged with the support of Sodexo and Mr. Thomas, school principal.



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B. WorkGroups Convened to Clarify Goals

Ms. Bolan asked that our four work groups then convene to review their progress thus far and ideas for the future. Each group met, prepared, and then provided a brief presentation on their work and recommendations to the larger group:

Physical Activity Workgroup

This committee is focusing on the state regulations for physical education as well as recommended number of minutes of physical activity throughout each child's day. The goal will therefore be to tabulate the minutes of PE now provided to each student and considering them in light of the state regulations that go into effect in 2012. A chart will be developed.

Nutrition Workgroup

September is, "More Matters" month: more fruits and vegetables will be highlighted through the menu and the school day. Navy Corpsmen are excited to be involved in the schools in promoting eating fruits. This group's longterm goals are to a) focus on educating parents during More Matters Month. b) develop contests for students to include punchcards so that classes can compete to meet more fruits and vegetables, individuals could complete to create best tasting healthy smoothie, and c) impact staff in terms of planning for healthier celebrations and snacks through showcases and demonstrations.

PR/Outreach Workgroup: This group has the following goals: a) Continue to ensure timely and ongoing access to free and reduced meal applications; b) Share information about existing resources like SNAP at outreach events like open houses; c) Invite parents in for meals with their children.

Garden Workgroup: This new group was the brainchild of Ms. Quigley-Harris. At this point, four of our six schools have a garden. The group is interested in determining if/how each garden is funded and supported, and then aims to develop working school gardens in all six schools.

V. Future Meetings

The next Wellness subcommittee meeting will be on scheduled for sometime in September. The meeting will start at 4:00 PM, and be held at the Newport Hospital. Those interested in attending should look for a posted public notice of the meeting in late August.

VI. Adjournment

Ms. Bolan concluded the meeting.