

Wellness Subcommittee Meeting

February 24, 2009

Meeting called to order by Joanne Bonollo at 7:15AM

Attendance – Joanne Bonollo, Solange Morrisette, Dr. Power, Joe McNamara, Karin Wetherill, Linda Mendonca, Jennifer Hammond (RIC nursing student)

Sodexo Report -

Curvin McCabe and Varieur – grant for fresh fruit and vegetables to start ASAP when money is released to be used before the end of June. Solange was wondering if funds can be transferred from one school to another. Solange wants to do a kick off event at both schools. Solange reported on workshop.

There will be legume taste testing to be done w/6th grade at Varieur and at Potter Burns tomorrow. These items will be on the menu the first two weeks in March.

US Healthy Schools application – Curvin McCabe and Cunningham passed state and USDA now at federal level; waiting to hear.

Kids First –

Karin to check w/RIDE to see if extra grant money can be used for a field trip to a farm, i.e. student education. KF has Farm Fun Coloring book, costumes of a potato and an apple are being made.

RINIR – Board of Regents passed; mandated in all school districts

Old Business -

Eating Healthy on a Budget – Sodexo has bags, measuring cups, and activities for children. Kids First funding will cover four (4) workshops. KF is developing the presentation with KF Chef's. Joanne reported that the presentations in each school can be covered by Title I (Approx. cost for all workshops is \$3,000). Janet Carroll is contact person in district for Title I.

Joanne suggested a press release to the Times and a small newspaper called My Backyard. Kids First is putting together cookbooks/recipes, activity books for students and student surveys re taco peas. Title I will do a spin off of workshop and do activities in math curriculum at the schools. It was questioned if there was a stipend allowed for the PE teachers or if participation was voluntary. Another alternative is having someone come to do Yoga or other physical activity; Joe M. to check w/Laurie Randall about

offering a physical activity. Joanne will check with Janet Carroll. Door Prizes - check to see if a local gym would donate a monthly pass or guest pass, check for contributions from local food stores.

Invitation sent to state house for workshop – Joanne asked Joe for some guidance on getting the word out to legislators.

Rethinking Fundraising Workshop is being held this Thursday at Jenks.

Cleaning for Health - Linda said training postponed until summer. Linda will follow up with provider for more specifics.

Shape up RI – Linda said schools have signed up but there isn't as much enthusiasm about the program this year. Pedometers are better quality though!

Be Fit Training Workshop – Gail Mulligan- District Curriculum – was asked to choose elementary person(s) to attend March 9th workshop at Bryant. It was asked that Wellness Committee member Ray Pita (PE Greene) be included in training.

New Business -

Family Fitness Workshop – ideas, discussion, give families information on locations, at low cost; check on pedometers; great idea for spring – afterschool program walking clubs

April – **Clean up RI Earth Day** - think of ways to clean up schools? Competition?

Next Meeting – March 26th at 7AM