

PAWTUCKET WELLNESS SUBCOMMITTEE

Thursday March 26, 7am

Members present: Joanne Bonollo, Karin Wetherill, Erica Moore, Joe McNamara, Linda Mendonca, Solange Morrisette, Ray Pita, Kim Mercer, Dorothy Brayley, Tammy Drape.

New England dairy council-Jane Vergnani.

In school wellness program for the 2009-2010 school year, called Fuel Up to Play. Consists of student run teams with a nutrition program along with physical activity. There are incentives through website. Targeted for 6th-8th grade students, 10-20 students per team. Students run program with advisors overseeing (any adult in school). It is a year long program. Works with principal, nurse and gym teachers. A core team would start the program and then get the rest of the student body engaged. Fuel up to play incentives at www.fueluptoplay.com. Only 5 schools chosen in the state. May 15th letter of intent deadline and schools chosen by June 1st. Program starts at the beginning of the school year September. Newenglandairycouncil.org & schoolwellness.org

Secretary's report-meeting minutes no changes or concerns.

Sodexo update-fresh fruit and vegetables grant obtained for Curvin McCabe Elementary and VarieurElementary started . Will use the Surgeon General visit to highlight fruit program. Tomatoes, cauliflower, kumquats, star fruit, beets, watermelon, etc. will be on display and available for sampling. Introduce packages of vegetables and lite ranch dressing. Part of grant money.

Healthy schools application is currently at the federal level.

School garden program to start in a couple of weeks. To bring gardens to school and use food in lunch program.

Stimulus grants to help improve food service within the schools. Application deadline is June 1st and the money is to be used by September. Money to be used to buy equipment to improve food.

Kid's first report-working on Surgeon General's visit, farm to school in class program. Age appropriate in classrooms.

Neighborhood health report- new brochures for health insurance and special programs. Open enrollment.

Eating healthy on a budget-April 2nd. Flier has been redesigned, parent liason to call parents to get more involvement. Feedback has been positive, recipes are on the website.

Cleaning for health-July 14 will be the training for custodians on the OSHA requirements and cleaning for health program. Did walkthrough last May. All custodians will be trained in the system.

Shape up RI-last round is going on now. Tracking by name is hard, next year have Pawtucket in the names of the teams. Web-based tracking can be used to record physical activities of the teams. Program could be used to mirror the fuel up to play program to motivate staff.

Be fit training workshop/guides postponed until September for k-2. Grades 3-5 will be used next year. Reach out to schools to find where books are. Training possibly could take place on Sept 17th.

Family fitness workshops-Laid on the table

April-clean up RI programs at school on April 25th earth day. Wiley Center program, workshop on eating healthy, universal free breakfast at Pawtucket's St. Paul's church. Joanne will be attending.

Website-new content is on the site continually. Regulations, recipes, meeting date, policies, and other information.

Newsletter. Last newsletter for the year being worked on.

New business

Health curriculum-school nurses, puberty and intro to sex education for 4-6th graders, not consistent within the district.

US Surgeon Generals visit 3-27-09 930 am, Curvin McCabe Elementary.

Open forum-students should be part of the Wellness team.

Next meeting date. April 23rd 7am.

Adjourn: 8:35am.