

MEETING OF THE WELLNESS SUBCOMMITTEE

Pawtucket School District

School Administration Building, 2nd Floor Conference Room

286 Main Street, Pawtucket, RI 02860

October 19, 2011

Call to Order

The Wellness Subcommittee Meeting was called to order at 6:00 p.m.

by Joanne

Bonollo, Committee Chair. Ms. Bonollo welcomed attending members

Mike Araujo, Karin

**Wetherill, Linda Mendonca, Ericka Moore, Miriam Plitt, Ken Bowdish
and Karen Baillairgeron**

attending for Solange Morrisette. Superintendent Deborah Cylke and

Ronnie Cremonini were

also present.

Public Participation - None.

Special Reports

**a. Joanne Bonollo reported on her recent trip to Washington D.C.
where the White**

**House honored the U.S. Healthier School Challenge winners. Only 1%
of the Nation's schools**

**received awards. There are three new applications for the
Superintendent to sign; however,**

**these have been tabled for further review. The Committee discussed
how to ensure schools**

will follow through with parameters outlined by the U.S. Healthier

School Challenge guidelines

and requirements.

b. Arthur Plitt, Neighborhood Alliance of Pawtucket, spoke to the Committee

regarding the 8th Annual Partnerships Conference 2012. He informed members about RI

Healthy Places by Design, a project that will "provide policies and strategies for local

municipalities to modify their Comprehensive Plans, zoning ordinances and other policies with

the goal of improving walkability, safety, recreation options, transportation choices and access

to healthy foods." The Committee is open to endorsing and contributing to the study for safe

walking and biking routes for students.

Discussion focused on the Blackstone Bike Path eventually to be constructed through

Pawtucket. There is concern for the impact it may have on Varieur Elementary School.

Miriam Plitt volunteered to attend the next meeting of the Pawtucket Department of

Planning Committee scheduled for Friday, October 28, 2011, 3:30 p.m. and report back to the

Wellness Committee. The group agreed to invite Michael Davolio, Director of DPR to attend a

future Wellness Committee meeting.

Mr. Plitt shared information regarding Warm Heart Buy Nothing Coats Day, which will take place on November 25, 2011, 10-2 p.m. Last year 5,000 free coats were collected. Ronnie will distribute flyer information to schools.

Report Neighborhood Health

Ericka Moore briefed the Wellness Committee on health insurance being offered to those residents less fortunate and in need.

Report Blackstone Valley Community Health

Ms. Moore informed the Committee that Blackstone Valley Community Health Center recently held a ground breaking for a new dental health center located at 210 Main Street in Pawtucket.

Report Kids First

Karin Wetherill spoke of the Healthy Schools Coalition breakfast. She reported there are available grants for schools, and Karin will email grant information to the appropriate individuals. Ms. Wetherill provided information regarding the Culinary Trust Grant for culinary professionals to use in schools. The grant closes on 12/30/11.

Ms. Wetherill notified the Committee that new USDA regulations will mandate every school district must have a wellness policy, a method of keeping the public informed with updates, and a method for measuring success. This is federal law. Karin will email a copy to Joanne Bonollo. In addition, the state has a tool for self-evaluation.

Ms. Wetherill also informed the Committee she was approached by a staff person at Johnston & Wales regarding a Johnston & Wales

department cookbook that is available for distribution at school and community functions. Ken Bowdish, Linda Mendonca and Ericka Moore will report on possible ideas and this item will be added to the next agenda for discussion.

Ms, Wetherill reported that Monday, October 24, 2011 has been set as National Food Day. There will be a "flash mob" at 3:30 p.m. in Kennedy Plaza. She also reported on the State House Food Council unveiling and URI's Community Conversation regarding Rhode Island's agricultural food system.

Report Sodexo

Karen Baillairgeron, Sodexo, informed the Committee that salads were now offered as school lunch meals. Sodexo is striving to be progressive in changing menus in the elementary schools to include vegetable chili, hummus and homemade soup, which students really like.

She also reported on the October 4th Corn Shucking Day where 1800 ears of corn were shucked and served to PSD students. Ms. Baillairgeron shared information with the Committee regarding Sodexo's 2nd Annual "All Local Day", which provides a school lunch menu featuring local food produced from Rhode Island.

The Sodexo breakfast program was discussed as well as the idea of serving breakfast in classrooms. Sodexo may be interested in piloting one school for classroom breakfasts. It worked well in Providence and grade scores improved. The Superintendent spoke with Solange

Morrisette regarding the pros and cons; the idea needs further discussion and a decision should be made on accurate data. Parents would need to be responsible in getting students to school on time and school principals would need to do a good job of promoting the free breakfast program. The Committee discussed the idea of providing a sample breakfast for parents at an open house.

Wellness Policy

Mike Araujo reported on the progress of the Wellness Policy rewrite. Mr. Araujo asked the Committee for their approval to add, "Social and Emotional Well Being" and Committee members agreed. Mr. Araujo suggested the mission statement needs to be brought to the forefront. Discussion continued with regard to dividing the policy between Committee members according to their expertise for rewriting purposes. Mr. Araujo suggested inviting Mr. Gomes, school social worker, to become a member of the Wellness Committee. Members agreed this Mr. Gomes would be a great addition and Mr. Araujo offered to send an email invitation to him.

New Business - None.

a. Open Forum

Ms. Bonollo introduced the 5-4-3-2-1 Go! nutritional poster, which is part of an obesity prevention message and marketing campaign created by The Consortium to Lower Obesity in Chicago Children (CLOCC). Ms. Bonollo suggested implementing the campaign in PSD. Karin

Wetherill volunteered to find copies of the poster.

Superintendent Cylke introduced the topic of Physical Education and waivers for those students meeting P.E. credits via physical programs (i.e., sports, marching band, etc.) during the school year and/or in the summer. As a Committee, goals should be separated between elementary and secondary education. The ultimate goal in education is academic achievement.

The Superintendent suggested the Wellness Committee survey students for their physical education preferences, followed by the Committee presenting policy proposals to the School Committee.

Tolman High School was discussed. The Superintendent was asked to notify the school to stop selling unhealthy snacks. JMW/Jenks is selling cookie dough for a fundraiser and pies are being sold at Slater Junior High. All schools need to be reminded of policy and state law.

Joanne Bonollo suggested that Committee members review the Portland Oregon Wellness Policy.

Set Next Meeting Date - The next meeting date will be November 16, 2011 at 6:00 p.m.

Adjournment - The meeting adjourned at 8:45 p.m.