

## **PAWTUCKET WELLNESS COMMITTEE MEETING**

**Administration Building, 2nd Floor Conference Room**

**286 Main Street, Pawtucket, RI 02860**

**Tuesday, February 28, 2012, 6:00 PM**

**Welcome**

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

**by Joanne Bonollo,**

**Committee Chair. Attending members were Joanne Bonollo, Karin Wetherill, Solange**

**Morrisette, Ken Bowdish, Jen Ouellette, Rachael McGuire, Miriam Plitt, Alberto Gomes and**

**Linda Mendonca. Superintendent Deborah Cylke and Ronnie Cremonini were also present.**

**• New Members/Attendees**

**All Committee members introduced themselves.**

**Public Participation - None.**

**Acceptance of Previous Meeting's Minutes - Item skipped.**

**Community Reports**

**• Sodexo**

**Solange Morrisette shared an article from the Valley Breeze, "Kids First Involvement**

**Ending, But Healthy Schools Push Will Continue." Nonprofit, Kids First, had partnered with RI**

**Healthy Schools Coalition to improve nutrition. Kids First completed their 15-year initiative.**

**New goals for 2013 are being developed by the RI Healthy Schools**

**Coalition, which include**

**reaching out to wellness committees and encouraging these committees to support a culture of healthy living habits both in schools and community.**

**Ms. Morrissette informed the committee that Sodexo painted the cafeteria at Goff JHS,**

**and presented new food themes to engage students to become more excited about lunch and breakfast.**

**Ms. Morrissette continued with an explanation of Sodexo's National "Future Chefs"**

**Competition. From Pawtucket, on the local level, there are 8 middle school finalists. They will**

**compete on Saturday, March 10, 2012 in a cooking contest. The winner will progress to the**

**state level and from there the top five contestants will advance to nationals where voting will**

**be held on YouTube. Committee members, Karin Wetherill, Rachael McGuire, Ken Bowdish,**

**and Linda Mendonca volunteered to be judges or mentors if needed.**

- **Neighborhood Health Plan RI - None.**

- **Kids First**

**Karin Wetherill contacted the Health Department regarding availability of "Cut Back the**

**Sugar" posters (reducing consumption of sugar sweetened**

**beverages). Wellness Committee**

**would like to hang at least one in each school.**

**Ms. Wetherill stated that Kids First has a copy of the current PSD Wellness on file.**

**Old Business**

**• 5-4-3-2-1 Nutritional Initiative**

**Committee discussed implementing this initiative at the beginning of the 2012-13 school year.**

**Points of discussion/ideas:**

**- Ms. Ouellette suggested using 5-4-3-2-1 program as an individual challenge at schools.**

**Circulate information to PTO's.**

**- Distribute information prior to September.**

**It was noted on July 15t USDA will publish new food guidelines. The new changes could eliminate "bars" - children will actually be served necessary food to meet nutritional requirements.**

**• Wellness Policy Update**

**Ms. Bonollo suggested that focus groups meet outside of the regular Wellness**

**Committee meetings. Suggested completing the policy writing by the end of June and Mike**

**Araujo will continue to take the lead on this.**

**Ms. Wetherill brought up classroom policy as being a difficult area.**

**Discussion took**

**place on illegal food being sold at the schools, i.e. chocolate lollipops. The Superintendent will**

**address this matter with the schools.**

**Points to be addressed in policy:**

**- Inconsistency at schools.**

**There is not a policy for everyone.**

**- Food rewards such as classroom pizza parties.**

**Wellness policy will not be in the student handbook.**

**Presentations at each school by Wellness Committee.**

**- See assistance from the Pawtucket Foundation to make a dual-language**

**video.**

**- In addition to PSD website, utilize social media pages such as FB and Twitter.**

**Discussion turned to the question of how many families actually have computers and**

**internet service; it was suggested a questionnaire should be sent out district wide.**

**• My Coke Rewards Program**

**Five Pawtucket schools are using my Coke rewards, which is fundraising by drinking**

**soda. Superintendent Cylke will contact principals to stop participation.**

- **Backpack Program**

**Ms. Bonollo explained the backpack program to new committee members. There are people interested in putting it into place. Raising funds is the easiest part; shopping for food and assembling the backpacks is the most time consuming portion.**

**Points of discussion/ideas:**

**Include sundries such as toothpaste.**

- **Mr. Gomes could outreach social worker connections.**

**Contact Mary Parella**

- **Create a focus group to structure program.**

- **Start small and grow.**

**Contact ESL**

- **Possible to turn over program to future ROTC course.**

**Open Forum**

**Beautify Pawtucket program will take place on Saturday, April 21.**

**Volunteers will pick**

**up trash in specified areas of the community. Miriam Plitt asked for involvement of schools for grounds clean-up.**

**Set Next Meeting Date - The next meeting will be held on Tuesday, March 20, 2012 at 6 p.m.**

**Adjournment - Meeting adjourned at 7:40 p.m.**