

Health and Wellness Committee District Meeting

Thursday, February 05, 2009

8:00 am "C Lincoln High School (Exhibition Room #1)

MINUTES

Subcommittee Reports

Medical /Social Issues- MaryAnn McComiskey, Chairperson

The subcommittee reviewed the newly adopted High School Schedule for the 2009-2010 school year. The committee members agree that the revised schedule will have a positive impact on school climate and reduce student and teacher stress/anxiety. Maryann McComiskey attended a conference on Relational Aggression and Bullying. She will share the ideas she received with staff at an upcoming faculty meeting. The committee discussed identifying "safe places" for students beyond Advisories. A discussion took place about Pilgrims High School's "Youth Crime Watch of America" program. The committee will look further into this program.

School Environment - Kevin

McNamara, Chairperson

The committee members discussed ways to motivate students and staff by creating a positive school environment. The committee is seeking donations of plants from local nurseries to place around Lincoln High School. Brain research indicates that a healthy work environment will have a positive impact on student attention. Plants release oxygen into the air. Another idea is to ask the elementary classes to grow plants for the High School as part of their science

program. Joanne Philips, a teacher at Lincoln High School is hoping to improve recycling efforts. The school already recycles paper and plastic. An effort to recycle carton and other items will be discussed at the next meeting. Andrew Viveiros offered to contact David Sayles at the Lincoln Town Hall to increase the recycling of lunch debris. The High School Improvement Team (SIT) will be distributing "kindness posters" to hang in each classroom. The posters offer students ideas for acts of kindness toward each other while at school.

Nutrition - Andrew Viveiros, Chairperson

The nutrition subcommittee meeting scheduled for January was cancelled due to inclement weather. A survey was distributed to 100 students by Beth Bedrossian seeking input about the lunch menu at the High School. School nurse Mary Anne Mignacca reported that 70% of the students at Fairlawn Early Learning Center are throwing away their lunch purchase at the school. Andrew Viveiros feels this is due to the changes to the menu that include whole grains.

Unfinished Business

"Shape up Rhode Island" - Jim Frost reports that the Lincoln High School has 4 teams participating with 11 members on each team. Central Elementary, Northern Elementary, Northern Early Learning Center and the District Administration Building staff also have teams. Overall there is a decline in participation among the Elementary Schools and the Middle School.

District Health and Wellness Policy Implementation

Mary Anne Roll attended the administrators meeting in January 2009 to review the District Health and Wellness Policy and highlight areas that will require Principals to follow through before, during and one hour after school ends. While the school lunch program is within federal guidelines, food that is brought in for special occasions does not meet the policy criteria. Principals should beware of the following: liability- especially with allergic reactions food such as an incentive, (PBIS programs should find alternate rewards other than food) exceptions to the policy that are approved by the Building Principal must be recorded and reported to School Committee annually. A template will be developed. Copies of ideas for alternate snacks, fundraisers, etc, will be available to all Principals, SIT and PTO's. Kids First will provide free of charge workshops for parents. Melinda Smith will schedule and provide Principals with information. Mary Anne Roll will contact a local physician and invite him/her to serve on the Health and Wellness Committee.

New Business

School Based Events: Debra Reddy at Northern Elementary- Iditarod week is a week long study of the Iditarod that includes a sled dog demonstration and outdoor physical activities with snow shoes, skiing, music and art. Nicole Hallam at Northern Early Learning

Center will be integrating "Balance and Motion" Science study into her physical education class. Jan Boucher at Lonsdale will implement cultural study through "Someone Else's Shoes" which will feature foods from various countries as well as cultural activities. Beth Bedrossian and Jim Frost are currently implementing the High School Dating Program at Lincoln High School.

Calendar

Two remaining meetings are scheduled for the 2008-2009 school year. April 30th and June 4th, 2009. Both meetings will be at 8:00am and will be held in at the High School in Exhibition Room # 1.