

**Lincoln Public School Department
Health and Wellness Committee Meeting
April 30, 2009
8 AM
Lincoln High School**

Business:

Shape Up RI Review

Jim Frost reported that the High School had 4 teams, with approx. 40 people participating. Three of the teams placed 3rd, 135th, and 213th out of 1200 teams participating state-wide. There were also teams at the Central office, and Northern and Lonsdale elementary schools.

District Spring Physical Activity Events

Nicole Hallam reported that Northern Elementary and NELC have outdoor events planned for the week of June 1-5.

Theme – elementary school: outdoor survival skills, rainforest, . Working with art, music, and library depts. ELC: summer and outdoor safety – sunscreen, helmets, etc. Possibly older students from H.S. to help. Debra Reddy reports that Zoomobile from RW Zoo is coming to Northern.

Middle School: activities are being planned, probably regarding outdoor safety. The MLS Olympics will be held the week before.

High School: Rock Wall, RI Nat'l Guard, Walks for different classes.

“Pink Week” at H.S next week. Guests in health classes including MD, survivors of breast cancer. Also planned – skin cancer, talks on tanning.

Kids First Parent Group Workshops

Snacks at afterschool events discussed. May workshop with Kids First and parents proposed to encourage choice in snacks available at events. Offering healthy choices at after school events is most important; hopefully offerings of fatty foods will decrease.

Kids First had a RINR (RI Nutrition Requirements) table set up at the Pasta Dinner Fundraiser for Northern and NELC held at the HS on Fri. April 24. Approx. 4-5 parents stopped for information.

Kids First offering workshops on Parents and Wellness, and Rethinking Fundraisers. The Rethinking Fundraisers workshop is tentatively scheduled for May 14th, possibly early morning.

Kids First also identifies and recognizes wellness advocates in schools. Ali Roque, a junior at LHS, was recently profiled for her

work at LHS. Read all about it at <http://www.kidsfirstri.org/newhwc.htm>. Congratulations, Ali!

School Updates

Northern ELC: Nicole Hallam commended Rita Kinniburgh – nurse at NELC- for implementing composting with worms at the school garden.

Karen Zangari, parent and registered dietitian, participated in NELC's “Invite an Adult to Lunch” program, ordering school lunch and eating with her son's first grade class.

Carole Toselli from Kids First reported on “Table Hosting” program in Newport, involving parents, and parents going through the lunch line at a Harvest Lunch in schools in Burriville.

Northern Elementary and NELC will host Math and Science night on May 20th. Kids First is planning to talk to parents at the event about healthy snacks. There will also be a blood drive at the school before hand.

High School: Ali Roque gave an update on STAR – Student, Tolerance, Acceptance, Respect. A contest was held at the HS to design the t-shirt. Group pictures of STAR members wearing the

t-shirts have been taken, and STAR is getting attention among the HS students.

The US Surgeon General visited RI recently to address the issue of childhood obesity. Ali Roque was invited to be there; she spoke in front of a group about high school students' reactions to every change being made regarding food, environment, etc.

Middle School: The MS already has a reward program in place; Ali spoke with the MS faculty about STAR at the HS.

Subcommittee Reports

School Lunch and Nutrition

Committee met 4/22/09. RINR was discussed. Carole Toselli suggested putting surveys on-line; Andrew Viveiros is working on a template questionnaire. Annual fee of \$200 for on-line surveys; can do numerous surveys.

Mary Anne Roll and Andrew Viveiros to meet with Supt. Fortunato and Melinda Smith about specifics.

Healthy School Environment

High School: Principal Kevin McNamara reports that healthy

classroom posters should be ready for September, highlighting importance of plants in classrooms, open windows, etc. Ali Roque reported on a site available for creating a free website – www.kindness.org.

Northern and NELC: Meeting attended by nursing staff on check lists for healthy school environment for asthma.

Medical/Social Issues

High School: Dating Violence program held at HS. Anne Burke, who presents on dating violence will do workshops in November. Linda Chaves, ER nurse whose son was killed by a drunk driver, is addressing the HS today. Assemblies are addressing 9th and 10th graders, as well as older students. Youth Crime Watch, has lost some momentum.

Question raised regarding current economic environment and whether all children who are newly eligible are getting reduced or free meals. New Point of Sale program allows families to be traced better; suggestion made that perhaps parents who need to apply for reduced/free meals could do it online to protect privacy and encourage participation.

Meeting adjourned at 9 AM.

Next Meeting: Thursday, June 4 at 8 AM

Respectfully submitted,

Karen Zangari