

HEALTH and WELLNESS COMMITTEE Notes

Lincoln Public School Department

September 25, 2009

Lincoln High School

8:00 AM

Present: Melinda Smith, Mary Anne Roll, Deb Reddy, Alexandria Roque, Sarah McGill, Karina Martinez, Samantha O'Neil, Will Hagerty, Michael Bedrossian, Jim Frost, Beth Bedrossian, Patricia Kilsey, Carol Michaud, Pam Thayer, Jan Boucher, Mary Anne Mignacca, Nicole Hallam, Linda Newbury, Karen Zangari, Carole Toselli, Andrew Viveiros, Mary Ann Canning-McComisky, Rhonda Sexton, Roberta Ryan, Kevin McNamara, Rita Kinniburgh

Call to Order

Business:

WELCOME

Mary Anne Roll.

IDENTIFY 2009-2010 GOALS:

Mary Anne Roll reviewed the 2008-2009 Health and Wellness Evaluations from the district schools with their recommendations for staff, parents, students and their on-going concerns:

For Staff:

- Encourage staff to model healthy behaviors.
- Continue to educate staff re: requirements of district Wellness Policy, i.e., food as rewards, incentives
- Eliminate denial of recess for disciplinary reasons and use for remediation.

Discussion ensued: It is currently written as "recess MAY not be used to discipline" and the question is whether to write it as "recess SHOULD not be used to discipline"

- LHS and LMS – integrate wellness into core curriculum

For Parents:

Discussion: Because of food safety issues, food allergies, and the health and wellness initiatives:

- Remind parents of the nutrition requirements during the school day under the Wellness Policy.
- Eliminate "treats" in classroom for birthdays and holidays that do not meet nutrition standards.
- Promote nonfood fundraising options both during the school day AND after school
- Provide healthy choices for refreshments at PTA/PTO events and school celebrations.

For Students:

- Encourage participation in the Breakfast program.

Discussion: Participation currently varies by school. Discussion ensued regarding the possibility of having "breakfast in the classroom" if there is little time for the students to eat after arriving at school.

The importance of breakfast on student performance was discussed; for example, on the days for NECAP testing, the PACT organization at the HS sets up morning snacks for the students.

-LHS: Birthday celebrations that adhere to the Nutrition Standards.

Discussion: The HS is considering suggesting one birthday party per month at the advisories, to include students whose birthdays are in that month.

On going concerns:

-Time for physical education and physical activity for all students on a regular basis.

*Discussion: Jim Frost from the HS reported that 10 fitness stations are set up everyday. Students get one minute at each station for 10 minutes per day of stretching; Jim stressed that it was "like how a coach would run a practice."
Ali Roque, HS Student, said there was some stretching and movement in classes. Classes are now 62 minutes long and students are not moving in hallways as often as when classes were shorter.*

-Providing information to staff, students and parents that will ensure support for the District's Wellness Policy.

NUTRITION

1. One goal is to establish **Table Hosting** nutrition teams at schools. This will consist of 4-6 parents who take turns coming in once a month to host a lunch table in the cafeteria where the children are invited to try something new. Kids First have a model. An orientation will be set up for parents.

2. Another goal is to increase school breakfast participation. It had been noted earlier in the discussion that many children do not have time to eat breakfast at school if their bus arrives late, or even on time. Linda Newbury from Northern Elementary reported that even lunch times are shortened for the 4th and 5th graders with long lines, and that there is often less than 10 minutes for lunch. The committee agreed that there are individual school issues.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITIES

Jim Frost reported that the curriculum is done and in line with state standards. The concerns are time, facilities, and finding ways to provide time for physical activity. Discussion ensued with Jim suggesting ways to incorporate physical activity in the classrooms, and Nicole Hallam suggesting that students could possibly earn an extra 5 minutes of recess through the positive behavior (PBIS) program.

Mike Bedrossian from LMS reported that he organized talks on Type 1 and Type 2 Diabetes for students, with information about the Walk for Diabetes.

Deb Reddy from Northern Elementary reported on the "Walk Your Way to a Healthy Heart" event planned for October 30th. The theme revolves around the Sequoia forest, and the health, physical education, art and library departments are working together to educate the children about the forest, with info about the trees, pine cones, forest animals, etc...

SUBCOMMITTEE REGISTRATION

Subcommittees are being formed to cover the following areas:

Staff Wellness – Melinda Smith, Chair

Nutrition – Andrew Viveiros, Chair

Physical Education – Jim Frost, Chair

COMMUNITY FLU SHOT CLINIC

Rhonda Sexton from LHS announced that a flu shot clinic would be held in the Lincoln High School cafeteria on **October 24, 2009 from 9 AM to 12 noon**. This clinic is open to the public.

ADJOURN

Meeting adjourned at 9 AM. Next meeting scheduled for **Thursday, December 3, 2009** at 8 AM at the High School.

Respectfully submitted,

Karen Zangari