

HEALTH AND WELLNESS COMMITTEE NOTES 2/25/10

Lincoln Public School Department
February 25, 2010
Lincoln High School
8:00 AM

Present: Rhonda Sexton, Andrew Viveiros, Debra Reddy, Kara Haddad, Christine Oliveira, Jan Boucher, Mary Anne Mignacca, Paula Howard, Mary Anne Roll, Jim Frost, Beth Bedrossian, Michael Bedrossian, Patricia Kilsey, Alexandria Roque, Carole Toselli, Karen Zangari, Carol Michaud, Nicole Hallam, Linda Newbury, Will Haggerty, Sarah McGill, Karina Martinez, Kim Drapala, Mary Ann Canning-McComisky, Kevin McNamara, Melinda Smith

Call to Order

Business:

WELCOME

Mary Anne Roll

SUB COMMITTEE UPDATES

NUTRITION

Table Hosting

Table Hosting events were held at **Lincoln Central Elementary School** and **Fairlawn Early Learning Center**.

On January 26, Central had its second table hosting event, this time for the 3rd grade students. A total of 10 parent volunteers went to recess and then lined up for lunch with the students. Among the side dishes offered and tried that day were BBQ baked beans, apple slices, cucumbers, celery, grape tomatoes, and peaches. Parents were at each of the 3rd grade tables offering tastes of different fruits and vegetables and recorded feedback from the children. Teachers and staff also offered feedback.

Parent discussion after the table hosting led to a suggestion of offering "sides" of milk and/or fruits or veggies for those students who bring their lunches. Food Service Director Andrew Viveiros was able to turn that into a "2 Sides for a Buck" option for students, which is now available at Central Elementary.

Jennifer Quigley-Harris, from Kids First RI came to Central's table hosting and wrote an article about it. Read all about it at <http://www.kidsfirstri.org/pdfs/Lincolntablehosts.pdf>.

Meanwhile, at Fairlawn, parent volunteer, Pam Mazzenga, hosted a table hosting event in one of the 1st grade classrooms. She reported that the tasting involved 22-23 students who tasted black bean salsa, carrots, apples, raisins, celery, and cucumber. She recorded feedback on likes and dislikes and on what the children would like to see offered at school, and noted that every child tried at least one thing.

Andrew Viveiros reported that milk supplier Garelick Farms, has eliminated high fructose corn syrup from its milk, and has riddles printed on the side of the milk containers. These riddles have proven to be very popular with the students and so a contest has begun where students at Aramark schools will submit riddles to put on the milk containers. A winner will be announced from each school and the riddles will be printed on the milk cartons in May. The NE Dairy Council has also offered gift cards for the top 4 winners.

High School Lunch Specials

Kids First RI chefs came to the high school to assist the students in using RI home grown carrots for freshly squeezed carrot juice and for wraps. The carrots were grown at Schartner Farm, specifically for schools.

Other healthy food events at the high school included an Asian stir-fry, and yogurt smoothies. "Burrito day" was rescheduled due to a snow day. Discussion ensued about having cooking demonstrations and tastings once a month, and offering stir-fry dishes, which were popular with the students, once a month. One obstacle to address is that these events are labor-intensive.

SCHOOL UPDATES

Nicole Hallam from **Northern Early Learning Center**, reported on how she and the other teachers combined science and physical education units together for the kindergarten and first grade classes. They used the vocabulary words, BALANCE and MOTION, from the science units and used equipment from the Physical Therapy (PT) and Occupational Therapy (OT) rooms to demonstrate balance and being unstable with the students.

Debra Reddy and Kara Haddad, from **Northern Elementary School**, reported on the school's very own Winter Olympic events. There was the Reading Olympics, where students read a combined total of 63,000 pages! In addition, each class was assigned a country, and gold medals were awarded for door decorating. Students in enrichment classes researched the Olympics and reported on interesting facts. In art, the students created the Vancouver Winter Olympic mascots. At the culminating event, covered by NBC-10 and the Valley Breeze, the classes created their own parade of nations, recited the Olympic oath and creed, and the Northern Lights chorus performed. With the help of high school volunteers, brought over by Jim Frost, the elementary students participated in the luge, biathlon, and Alpine skiing. The PTT provided healthy snacks.

Jim Frost, from **Lincoln High School**, reported on these areas:

1. Teen Dating Violence. Students were able to get a 3 day workshop with Day One in all Health classes on bullying, dating violence, and sexual harassment. Grade 11 students entered a video contest, writing their own script and filming their own commercial. The commercial aired on Fox.
2. Kids First. In addition to the healthy food demonstrations, students were able to weigh foods and determine serving sizes, read food labels, and create meals using all five food groups. Students were also shown the amount of sugar in drinks and products they use every day.
3. Skin cancer awareness. Senior student, Arianna Lefebvre, directed a school-wide assembly focusing on the dangers of skin cancer related to tanning and sun exposure. All students were encouraged to sign a prom promise not to go to tanning beds during prom season.
4. Samaritans. An assembly is being planned for March for all students in Health classes to deal with the issue of depression and suicide.

Mark Mainella also spoke at the High School about morals and responsibility. When told about the STAR program at LHS, he said he would put that information on his own website.

Michael Bedrossian, from **Lincoln Middle School**, reported on the slide show shown to students in Physical Education classes on being Positive, Responsible, and Respectful. The subject of healthy grains was discussed during advisories, and students are currently involved in a canned food drive for a cause, which is helping the people of Haiti. The canned goods are going to the food bank.

Jan Boucher, from **Lonsdale Elementary School**, reported on the cultural diversity event held at Lonsdale recently. People from different countries are asked to come and speak with the students about their homeland and about adapting to life in the United States. This year, a Lincoln High School student, originally from Puerto Rico, came and spoke to the students. Food from different countries was prepared; Mrs. Boucher cooked corned beef and cabbage in the school.

WEBSITE INFORMATION

The Health and Wellness website is scheduled to go live at the end of March! Melinda Smith needs information and pictures, with student releases, and examples of best practices. The goal is to have the website be a resource for parents and students. Melinda will send information sent to her on to Tom Reeve, who has been putting the website together.

NEXT MEETING DATE

Thursday, May 6, 2010.

Respectfully submitted,

Karen Zangari