

HEALTH AND WELLNESS COMMITTEE 5/6/10

May 6, 2010

Lincoln High School – Exhibition Room #1

135 Old River Road, Lincoln RI

8 AM

Present: Melinda Smith, Carol Michaud, Paula K. Howard, Jan Boucher, Karen Zangari, Carole Toselli, Mary Anne Mignacca, Linda Newbury, Andrew Viveiros, Patricia Kilsey, Rhonda Sexton, Mary Anne Roll, Kevin McNamara

Call to Order

Business:

WELCOME

Mary Anne Roll

HEALTH AND WELLNESS WEBSITE

Melinda Smith reported on the website. Tom Reeve, who has been working on the website needs more content. The plan is to make the website current and useful for parents, students, and staff. Title 4 funding, used to create the website, will end soon; there is a need for someone to monitor the website at least quarterly.

Melinda also talked about the Innovation (3) Information and Grant Application, which is part of “Race to the Top.” This would allow extended learning time for kindergarten students, with increased time for physical education and health. Aramark and Kids First would be able to work together on snacks to be provided for the kindergarteners. Additional community partners are needed for 20% of the grant; if not enough partners, the district will ask for a partial waiver.

Discussion ensued about the website and the need to communicate with parents and staff about the Health and Wellness Committee (HWC). Linda Newbury suggested inviting the presidents of the parent/teacher organizations to meetings; another member suggested that a member of HWC go to the parent/teacher organization meetings, open houses, orientations, etc.

Carole Toselli mentioned that the health and wellness policy in Bristol/Warren, and in Coventry is provided to the parents in a tri-fold brochure. Other ideas included putting the policy on posters or handouts, and in a handbook.

NUTRITION

A. Table Hosting Update

Karen Zangari and Andrew Viveiros reported on a successful 4th grade table hosting event at Lincoln Central Elementary on Wednesday, March 24, 2010. A 5th grade table hosting is scheduled for Thursday, May 27, 2010.

Parents came to eat with their 4th graders, modeling good eating habits and offering fruits, vegetables, and legumes to the students at their tables. The parents completed surveys at the table looking for acceptance of foods, food waste, and comments from the students.

At Fairlawn Early Learning Center, a table hosting program was also coordinated, involving the first grade students.

Discussion ensued about how to identify parents at the different elementary schools and possibly also the middle school, who would be interested in being a “point person” to coordinate table hosting events or other similar programs. Andrew Viveiros pointed out the variety already being offered to students at the high school; smoothies, stir-frys, sautee stations, the RI “carrot” event, etc.

B. School Nutrition Reports

Keiko, a LHS student, talked about her Capstone project. She was a guest speaker for the health classes, talking about the RI Nutrition Requirements, the Farm to School Program, and the LHS greenhouse.

As a side note, Andrew Viveiros was asked about the Garelick Farms/ NE Dairy Council milk promotion contest. Students in different Aramark schools entered a riddle contest; the winning riddle would be put on the side of the milk container. The winners came from schools outside of the Lincoln School District.

Rhonda Sexton, LHS nurse, is developing a power point presentation about the importance of eating breakfast. She sees that the students are not eating breakfast.

Linda Newbury from Northern Elementary School, described how a LHS student volunteered to talk about Diabetes Mellitus to the 5th grade students at Northern. She also suggested adding information about the Capstone exhibition topics to the H&W website such as the one on skin cancer called, “Your Skin is In”

PHYSICAL EDUCATION AND PHYSICAL ACTIVITIES

A. School Based Spring Physical Education Activities

Paula Howard, Central Elementary Physical Education teacher, updated the committee on the school’s walk-a-thon plans. The students will be walking during their phys ed classes through the woods behind the school, and around the school itself. The money raised will go to the enrichment fund at Central. Several parents have volunteered to help walk with the students, and have donated water and healthy snacks.

NEW BUSINESS

Mary Anne Roll stressed the need for communication between the committee, school district staff, and parents; a tri-fold communication will be worked on during the summer. She encouraged the committee to identify parents, staff, and community members who might be interested in joining the health and wellness committee. Mary Anne will be sending an evaluation summary report to each school, asking what health and wellness policies they have implemented.

Adjourned

Respectfully submitted,

Karen Zangari