

HEALTH AND WELLNESS COMMITTEE MINUTES- October 20, 2011

Lincoln Public School Department
October 20, 2011
Lincoln High School – Exhibition Room #1
135 Old River Road
Lincoln, RI 02865
8:00 AM

Present: Georgia Fortunato, Mary Anne Roll, Melinda Smith, Mary Ann Canning-McComiskey, Jan Boucher, Carole Toselli, Rhonda Sexton, Rita Kinniburgh, Brenda Sylvester, Jim Frost, Michael Bedrossian, Kevin McNamara, Patricia Ann Kilsey, Carol Michaud, PJ Andrews, Alexandra McKenzie, Karina Martinez, Mary Anne Mignacca, Andrew Viveiros, Melissa Gaitanis, Jan Ragno

Call to Order

Mary Anne Roll

Welcome and Introductions

Mary Anne Roll

Goals

Committee goals were established for the 2011-2012 school year:

- Support schools to improve school climate
- Expand programs that support Social and Emotional Health
- Monitor the implementation of the district's Health and Wellness Policy

Updates

a. Table Hosting

The Table Hosting program during the 2010-2011 school year was very successful. Ms. Karen Zangari led and organized the protocol for the program. Table Hosting provides students with an opportunity to sample an assortment of fruits and vegetables. Members of the Committee wish to continue the program for the 2011-2012 school year. Superintendent Fortunato will request that each Elementary School Principal work with Mr. Andrew Viveiros, Director of Child Nutrition for Lincoln Public Schools, in an effort to set a schedule for Table Hosting. Mr. Viveiros stated that the biggest challenges are organizing and educating parent volunteers regarding the program protocol.

b. Healthy Heart Walk

The annual district the Healthy Heart Walk will take place on October 28th, 2011 with a kick off ceremony at Northern Elementary School. Andrew Viveiros, Director of Child Nutrition, will provide a healthy snack. Lonsdale Elementary School Nurse Jan Boucher informed the Committee that she has observed a significant increase of food allergies this school year and suggested caution when serving prepackaged snacks. Northern Elementary School Nurse Rita Kinniburgh informed the group that she sent a list of healthy snacks choices home to parents that were sensitive to food allergies.

c. NECAP Testing

The Committee Members agreed that it was important to communicate to School Principals that students will need an opportunity to take a physical activity break between testing sessions. Physical Education teachers will provide suggestions for movement in the classroom.

d. Classroom Breakfast

Andrew Viveiros, Director of Child Nutrition, expressed interest in piloting the "Classroom Breakfast Program" at Northern Elementary School which is a Title I school. He and Ms. Michele Sharpe, Principal of Northern Elementary School will discuss the addition of this program. Superintendent Fortunato requested a report of the number of students purchasing breakfast since the district implemented the "Before the Bell Program". Mr. Viveiros will present his findings at the January Health and Wellness meeting.

e. Breakfast in Our Schools

Middle School

Ms. Jan Ragno, Assistant Principal of Lincoln Middle School expressed an interest to increase the number of students who eat breakfast at school. She reported that the food service program was offering more choices at breakfast but was not sure that students are aware of the extended menu.

Senior High School

Ms. Patricia Kilsey, Special Education Teacher at Lincoln High School, informed the Committee that the First Class Café has expanded and has opened a satellite Café near the school gymnasium. High School Nurse Rhoda Sexton noted her concern that students are not eating breakfast and stated the faculty supports students having a breakfast during the advisory class. Mr. Kevin McNamara, Principal, Lincoln High School, stressed the importance of students eating breakfast. Mr. Andrew Viveiros, Director of Child Nutrition suggested creating a "grab and go" and get to class on time breakfast option. The High School students feel there is not enough time to go to the cafeteria and purchase breakfast.

Discussion

a. Health and Wellness Policy Reminders

Ms. Mary Anne Roll, School Committee Member, requested that each school Principal remind students and their families that holiday treats should not be brought to school. Ms. Melinda Smith, Director of Curriculum, will provide Principals with a notice to be added to the list serve. The Health and Wellness brochure will be distributed during Parent/Teacher conferences.

b. Social and Emotional health

Ms. Mary Anne Roll asked Principals to review the "Bullying Policy" with their entire faculty. Programs such as Friends of Rachel, Project Respect, Best Buddies, PBIS and Second Step are currently being implemented in the district. Teachers must become aware of subtle bullying as they are the key to assisting students with bullying issues. Superintendent Fortunato reminded Committee Members that Principals are responsible to complete quarterly bullying reports that are submitted to School Committee. Ms. Jan Ragno, Assistant Principal of Lincoln Middle School stated that the most difficult issue is online bullying and we must do a better job to educate parents of their responsibility to monitor their children at home.

Next Meeting

January 26th 2012

Adjournment