

HEALTH AND WELLNESS COMMITTEE NOTES 4/28/11

Lincoln Public School Department
April 28, 2011
Lincoln High School – Exhibit Room #1
135 Old River Road
Lincoln, RI
8 AM

Present: Mary Anne Mignacca, Jan Boucher, Paula K. Howard, Karen Zangari, Carol Michaud, Karina Martinez, Andrew Viveiros, Kevin McNamara, Melinda Smith, Mary Anne Roll, Brenda Sylvester, Carole Toselli, Sue Cawley, Beth Bedrossian, Michael Bedrossian, Linda Newbury, Alexandra McKenzie, Georgia Fortunato, Will Hagerty, Rita Kinniburgh

Call to Order

Business:

WELCOME

Mary Anne Roll

AWARDS

The Lincoln Public Schools was selected as a recipient of the **Achievement** Worksite Health Award by the Greater Providence Chamber of Commerce. The event is co-sponsored by Blue Cross and Blue Shield of RI. The Award will be presented at the Worksite Health Awards breakfast on Tuesday, May 24, 2011 at 7:45 AM.

TABLE HOSTING

The Table Hosting program was nominated by the Lincoln School district for a **Healthy Living Innovation Award** through the US Dept. of Health and Human Services. Lonsdale Elementary school had great success with a table hosting event for 2 grades at the same time.

SCHOOL BREAKFAST PROGRAM

At Lincoln Middle School, an **April Friend's Day** breakfast was put together by Team 7 on April 1. Parents came in to help make fruit smoothies; the plan is to have all 8th graders participating next time. Assistant Principal, Janet Ragno, suggested trying egg and cheese sandwiches and oatmeal for breakfast for the students.

At the High School, the question is if the students even know that there is a breakfast program. It was decided that the next step is to work on a marketing piece, explaining to

the students why they should take advantage of eating breakfast at school. Questions were raised, asking if it was too early in the morning for the students to be hungry, and if they should eat breakfast at Advisory.

PHYSICAL ACTIVITY AND ACTIVITY BREAKS

Central Elementary: Paula Howard, Phys Ed teacher, reported that March 21-25th was **Wellness Week** at Central. 40 students qualified for physical education awards.

Middle School: Mike Bedrossian, Phys Ed teacher, reported that the **8th Annual LMS Olympics** would be held on the last week of May.

High School: Beth Bedrossian, Phys Ed teacher, described the **Friends of Rachel badminton tournament** fundraiser, involving 45 teams, with teachers and administrators involved in putting on the event. Foreign Language dept was involved with “**Latin dancing**” and a **Tour de France** on tricycles. At Expo night, more than 60 students were involved in healthy activities.

Health and Nutrition Notes:

Health classes at the LHS: Nutrition and Fitness were the subjects covered last year. This year, the focus is on diseases and disorders. Next year’s curriculum will focus on alcohol and drugs and substance abuse. Also included will be dating violence, and a piece on bullying.

An elective covers health insurance and why it’s important to have it. The movie, **John Q**, which is about health insurance companies, was shown. In Family and Consumer Sciences, topics covered included: medical health insurance, food prep, the 2010 Nutrition Guidelines, food safety, esp. with the recent E. coli found in a local bakery. Students also cooked a healthy breakfast.

Rita Kinniburgh, nurse at Northern Elementary school, reported that she taught food safety to the 1st graders at the school. She also wrote a “Welch’s Garden” grant. The school garden has 6 or 7 raised beds, she is hoping to assign a garden bed to each class. She also has a “Lettuce Begin” program where the students take care of washing the lettuce, while the parents send in the tomatoes and other vegetables.

HEALTHIER U.S. SCHOOL CHALLENGE UPDATE

The month of May is being used for the nutritional analysis, other data is still being collected. This award is given out in the fall.

NEW BUSINESS

Principals will be given questionnaires regarding new areas of concern; they will be out around the 1st of June. They are to be sent back by the end of June. These questionnaires are used for annual feedback from the schools.

Parent and Family Involvement Policy

The School Committee is currently revamping this policy; state law requires that issues of health and wellness be addressed. One question is what are other wellness issues that should be addressed? The following discussion ensued:

LHS – Could a commercial be made and broadcast, or should a sign be made to let students know about the availability of breakfast? One thought was that perhaps the students in the business department would like to work on marketing the breakfast program.

Beth Bedrossian asked if stress, which is an issue at the high school, could be a topic to be addressed.

Other suggestions included: “Yoga Day” to show the importance of relaxation from stress, “Read a Book Day” to teach how to relax and take a break from stress.

Linda Newbury, nurse at Northern Elementary school, described how “town meetings” at the school, with the teachers and students, is helping them work together as a community. The school-wide meetings are held every other month, for approx. 4 times a year, which provides more of a “family feel.”

Carole Toselli, Kids First, reported that later start times for the high school could be looked into, as studies show that students do better with later start times. She said that it needs to be done on a statewide, level, though. Also, on another note, Kids First has moved to the Hope Artiste Village in Pawtucket.

Cyberbullying is a stressor – social media will be looked at again as a policy matter, as the children need safe and nurturing environments.

School Improvement Teams’ involvement is critical to the implementation at the schools and at the classroom levels.

ADJOURN

Respectfully submitted,

Karen Zangari