

Health and Wellness Meeting

Date: 9/24/2012

Time: 8:00-9:00

Room 1 High School

Attendance: Melinda Smith, Linda Newbury, Paula Howard, Sarah Koller, Andrew Viveiros, Georgia Fortunato, Mary Ann Canning McComiskey, Mary Anne Roll, Kevin McNamara, Karina Martinez, Cassidy Dekreon, Lisa Mongelli, Michael Bedrossian, Jim Frost, Bethany Bedrossian Alicia Leclerc, Alexandra Mackenzie, Carol Michaud

Meeting Notes:

Meeting Called to order by Mary Anne Roll

We began meeting by discussing the Healthy School Award

- it was based on our wellness committee work and physical activity initiatives for the district

- Thursday September 27 is the award ceremony

- members of the committee mentioned that the committee work and support of teachers at each school was a main proponent for winning the award

Healthy School Challenge from the USDA- Andrew Viveiros applied last year

- Each elementary school was awarded \$500.00

- the group discussed possible ways to present the checks to the school

- Superintendent Fortunato definitely would like for all 4 schools to be represented when the award is being presented

- the members decided to have the award ceremony at the District Wellness Walk on Friday October 26th, at Northern.

- Melinda Smith stated she would contact all the schools for representation for the ceremony, possible student council members from each of the elementary schools

- Andrew said he would contact USDA with the date to make sure they can come and give the award.

- Final date and time will be finalized pending the USDA.

District Walk- Friday October 26th

Theme: animals and regions of the U.S.- each elementary school will be representing something unique

- Superintendent Fortunato will contact the Providence Journal and the Valley Breeze and possible news anchors to cover the event

- Another possibility was contacting the Broadcast Journalism students to come and do a news story on the event for the High school

End of year Reports: After looking through them, Mary Anne Roll discussed that there seemed to be a lack of communication between parents and the schools

- the committee brainstormed ways to encourage healthy eating and healthy practices in the school and how to incorporate the parents and families.

- The committee decided on a poster project for the district to incorporate the healthy initiatives at home and remind families to follow these guidelines in the schools.

- the posters will be a way to engage students and promote healthy messages in each schools

- Mr. McNamara mentioned the LEAP print shop would be able to laminate the poster winners for each school

- Awards would be given to the winning groups

- Jim Frost will work on the criteria for the High School, Mike Bedrossian will do the Middle School, Linda Newbury for Northern and Saylesville, Paula Howard at Central and Jan Boucher at Northern.

- Mary Ann McComiskey came up with the slogan:

CELEBRATE EVERYDAY IN A HEALTHY WAY!!!

- the goal is to provide a message to the parents what the school expects as the healthy guidelines..this is what was missing last year in the report.
- students will come up with the slogans for each school to initiate under the main theme
- Deadline for the project would be the first week of November
- At the October Faculty meeting the building principals will introduce this initiative to the staff
- Social Media Piece- the committee had a discussion of how to incorporate social media into our initiatives.

Mary Anne Roll mentioned it would be a terrific tool to communicate with the community and everyone agreed. Superintendent Fortunato mentioned the school department has begun a Facebook page.

There was a discussion led by Mary Anne Roll about using food as reward, PTO's being mindful about pizza parties and ice cream socials, since it wouldn't follow the nutrition guidelines for the District.

Also using Recess as a disciplinary action, not taking away recess from students whom are in trouble and trying to remind teachers to use alternatives first.

Updates from Schools:

Mike Bedrossian from the Middle School mentioned the PE department is doing a JDR walk for Juvenile diabetes and he will email Superintendent Fortunato regarding the specifics

Jim Frost from the High School mentioned there is a group walking for the Gloria Gemma Breast Cancer Research Foundation on October 7th

There was a group of teachers at the High School who participated in the Bold R Dash on September 15th.

Meeting Ended at 9:00 am

Submitted by: Beth Bedrossian