

**LINCOLN PUBLIC SCHOOL DEPARTMENT
HEALTH AND WELLNESS COMMITTEE
MEETING MINUTES**

Meeting Date: Wednesday, January 9, 2013
Meeting Time: 8:00 a.m.
Meeting Location: Lincoln High School – Exhibition Room #1
135 Old River Road
Lincoln, Rhode Island 02865

Healthy Schools Coalition Wellness Policy Work/Application

Application to participate in wellness initiative – revise/amend our current H&W policy.

- Be compliant
- Streamline the policy

Andrew & Mary Anne will participate

Jim Frost/Beth Bedrossian will assist with the application process.

Poster Judging

There were many entries. Mary Anne Roll suggested creating a subcommittee to look at all of the entries. Criteria includes - clear health & wellness message and is reproducible. The winning poster will be laminated and poster will be posted. There will be a district-wide winner and runners up at the elementary, middle and high school level for a total of four posters chosen.

Jan Boucher will chair this subcommittee. Andrew Viveiros, Linda Newbury, Mary Anne Mignacca, Mary Ann McComiskey and Maya Lafleur will also sit on this committee. This task should be completed in the next few weeks. Winners will be honored at the February or March school committee meeting.

Food Waste Survey

Concerns that students do not eat their meals. Andrew wanted to know what is being wasted – “thrown away.” Determine what’s being discarded for example fruits, veggies. Have students involved in observing what’s being thrown away – figure out how to affect that trend. Possible use of surveys to poll students as to what they’ve thrown away. Add to another upcoming Health and Wellness agenda for further discussion.

Table Hostings

Lonsdale – 1/16/13
Saylesville – 1/24/13
Central – TBD
Northern - TBD

School Reports

Lincoln High School – Jim Frost reported PE/Health programs are designed to get kids moving – teach life-long fitness and are related to health and wellness initiatives.

Lincoln Middle School – Mike Bedrossian reported students participated in a two-day walking event and raised \$2,550 for Juvenile Diabetes Foundation. Lincoln Middle School is a Silver School! Additionally, there is an anti bullying program called Second Step which is being used.

Elementary – Paula Howard reported elementary focus on wellness and nutrition using a program called Fitness Scholastics.

It is noted that Pattie Kilsey will take the minutes at future meetings.

Next Meeting Date - March 21, 2013 @ 8 AM