

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

DATE: May 16, 2013
TIME: 8:00 AM
LOCATION: Lincoln High School – Exhibition Room #1
135 Old River Road
Lincoln, RI 02865

Attendance: Bethany Bedrossian, Michael Bedrossian, Janice Boucher, Mary Ann McComiskey, Cassidy Dekreon, Georgia Fortunato, Caroline Frey, James Frost, Patricia Gablinske, Patricia Kilsey, Rita Kinniburgh, Jeannine Magliocco, Karina Martinez, Kevin McNamara, Carol Michaud, Mary Anne Roll, Reza Sarkarati, Rhonda Sexton, Mark Thompson, Andrew Viveiros, Bennett Allen, Lori Miller

Called to Order by Chairwoman Mary Anne Roll at 8:00 AM.

The purpose of the meeting is to review the final DRAFT of the Health and Wellness Policy and the new PROCEDURE document that will accompany.

Mary Anne reviewed the reasons for the Wellness Policy revision.

- Revisions to the current policy are a result of changes in the federal regulation.
- **Implementation** should begin clearly with the beginning of the 2013-2014 school year.
- Policy applies Grades K-12
- Wellness Committee will provide support and resources.
- School nurses may be the best “messengers.
- Everyone should share the concerns around LIABILITY related to food allergies and food safety.
- FOCUS: Managing the risks and doing what is best for kids.
- Cafeteria is compliant. It is in the rest of the school community that is the issue.

Mary Anne reviewed the PROCEDURE document highlighting the language that was the focus of most feedback from principals and school nurses.

- PROCEDURE document that accompanies the revised Health & Wellness Policy includes language: “The district WILL ...The school WILL”..., the Wellness Committee will..., PARENT AND COMMUNITY ORGANIZATIONS will...
- Both POLICY and PROCEDURES focus on time PRIOR TO and DURING the INSTRUCTIONAL school day, in the school and on school grounds.

- Key message for all who are impacted by the Policy with regard to the District Nutrition Standards: If it cannot be sold/served in cafeteria, it shouldn't be sold/served in the school. School nurses may be the best “messengers” to parents and students.
- Reason for supporting implementation: It is THE LAW; it is good for students, ensuring a safe environment for all and it will protect the School District and its employees.
- KEY COMPONENTS—physical education, nutrition, and staff wellness. Other components of Comprehensive School Health should also be addressed at the school level based on the needs of the school.
- SIT and each school's School Improvement Plan are vehicles for implementation.

Mary Anne clarified the language regarding school-wide and classroom celebrations: 4 school-wide during the school year and no more than one classroom celebration per month. These numbers seem to reflect a number that accommodates current practice in the schools. Food has become much less common over the past 7 years. Continue to encourage healthy snacks when food is provided outside the cafeteria and encourage alternatives, especially in classrooms.

Concerns regarding daily RECESS for K-5 students were discussed. Using RECESS time for makeup work, homework should be very rare and used with great discretion. “Time” in policy is minimum 20 minutes. Principals are expected to note the extent to which exceptions to the policy are made. The District recognizes the challenges that exist regarding implementation of this policy requirement.

The District will provide a brochure for parents and staff with information about the Wellness Policy and Procedures for distribution at Back-to-School events.

A Health and Wellness Assessment document will be developed using the tools provided by the Health Schools Coalition Collaborative. It will be ready for discussion in the Fall.

Mary Anne thanked Jim Frost and Andrew Viveiros for all their work with the Collaborative.

First Reading of the Health and Wellness Policy is scheduled for the June School Committee meeting. Second reading in July.

Meeting adjourned at 9:05

Submitted By,

Patricia Ann Kilsey
Secretary