

LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE MEETING
THURSDAY, OCTOBER 17, 2013
LINCOLN HIGH SCHOOL

MINUTES

The meeting was called to order by Mary Anne Roll, co-chair, at 8 AM.

New and returning members were welcomed and introductions were made.

Superintendent Fortunato announced the formation of a Bullying Task Force to be made up of administrators, faculty, staff, students, and parents. She stressed the need to continue the work begun several years ago under Rachel's Challenge and to ensure that the district's Bullying Policy is effectively implemented in each school in the district. Mary Anne noted that School Climate is one of the components of a comprehensive school health model and that this has been the work of the Wellness Committee in Lincoln since its inception. Members of the committee noted that "exclusion" or shunning are common indicators of bullying behavior, even at the elementary level and that use of technology/social media has made bullying a 24/7 challenge.

Mary Anne asked the committee members for feedback on the implementation of the Wellness Policy/Procedures so far this year. She stressed the importance of a consistent message across the district: If it cannot be sold or served to students in the cafeteria, it cannot be sold or served to students in school, on school property before and during the school day. Mr. Thompson noted that at LMS, the issue of ensuring a safe school environment for all students was stressed. The School Store at LHS has made some adjustments to their inventory in order to meet the requirements of the District Nutrition Standards and asked for assistance in making decisions about purchasing. Mr. Viverios (Aramark) offered to work with the students in this area.

Mrs. Sharpe reported that RECESS for all students was valued. The only exception would be if there was a behavior issue that took place during RECESS requiring some "time out". Mary Anne reminded the committee that the Principals' professional judgement is important and valued. Jim Frost reported that the speaker at the Annual Healthy Schools Coalition Breakfast provided important research/data that underscored the importance of physical activity during the school day to supporting student achievement.

Mary Anne indicated that one of the tasks for this year's committee would be to develop a user friendly annual evaluation tool. Andrew reported that at the September meeting of the Healthy Schools Collaborative, an evaluation was discussed as the final requirement for the revision of the District Wellness Policy that we began in January.

Pat Kilsey reported on the Transition Students Healthy Lifestyles Workshop that was held at LHS during the summer for the students in the Transition Program. The RI Department of Health and RIPIN were the sponsors. Topics included physical, social and emotional health issues. Student work produced during the workshop was displayed.

School Reports:

Annual District Walk is scheduled on the Blackstone River Bike Path – Friday, Oct. 25th; rain date Nov. 1st.

LMS: PBIS video on the school website; 160 6th grade students at Camp Bourndale this week; students participating in Presidential Fitness Program.

LHS: Army Strong; written report submitted by Jim Frost.

Food Service: Andrew thanked staff for raising awareness of lactose intolerance. Also mentioned that he is working with a student on their Exhibition Project. He indicated that he would be working to provide students with nutritional values for foods served in the cafeteria.

School Nurses were asked to assist the School Committee in reviewing 4 or 5 policies currently in place and to provide feedback to Mary Anne and Georgia.

Next meeting: December 12, 2013 at LHS.

The meeting adjourned at 8:55 AM.