

**LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE MEETING
WEDNESDAY, FEBRUARY 26, 2014
LINCOLN HIGH SCHOOL
MINUTES**

The meeting was called to order by Mary Anne Roll, co-chair, 8:00 am.

Members were welcomed and introductions were made.

Wellness Policy Evaluation

Mary Anne reported that she had met with Jim Frost and Andrew Viveiros to create a draft evaluation tool that she shared with the committee. The evaluation is based on the Wellness Procedures that are attached to the Wellness Policy document. The goal is to provide all those with responsibility for implementation of the policy with a way to report both successes and challenges. The final draft will be ready for the Wellness Committee's review in April. The tool will be distributed electronically to schools with a deadline for completion by July 1. A report will be given to the School Committee in September. The completion of the evaluation tool will complete the work that needs to be done on the District's Wellness Policy.

Policy Review

Jan Boucher reported that the school nurse teachers had met to review the "health" policies that need review or revision. One policy has been set aside (Crisis Management) for review by the Superintendent. The two policies dealing with HIV/AIDS – both Students and Staff were very outdated and have been revised to meet current state and federal regulations. They will be placed on the School Committee agenda for approval.

Nutrition Standards review – Competitive Foods

Mary Anne and Andrew met with a group of district representatives and RIDE staff reviewing federal nutrition standards for competitive foods. Rhode Island has higher standards in some cases than the Federal USDA version. State needs to decide which standards will apply going forward.

School Reports

Northern - celebrated Sochi Olympics - Cultural activities, Russian writing, dolls, costumes etc. Discussion regarding the publicity in The Valley Breeze and suggestions for improving "coverage" followed.

High School - Beth Bedrossian spoke about JUMP ROPE for HEALTH - \$1100 for American Health Association

March 27th - Dodge Ball Tournament

CPR course will be offered during the second semester.

Fitness Week - End of April to May-Physical education Week-get everyone moving. Activities will be organized for the whole school.

High School staff noted that they are seeing more and more students interested in fitness and conscious about what they are eating – making better choices. Change takes time and perseverance.

Rhonda is launching her Skin Care Program- No Tanning Pledge. Goal is to make students more aware of the negative effects of “tanning” on skin and long-term health risks. In April, Ronda will spread the word -Happy Derma Skin, she will work with the physical education department members.

Middle School

FITNESS FRIDAY

- more vigorous activities
- working on fitness stations
- competing for Presidential Awards with students cross country
- taking pulses
- whole school plus music, band, art class and sports incorporating all together preparing for Lincoln Middle School Olympics
- Middle School cafeteria silhouettes - awesome!
- Adaptive Physical Education Class is going bowling
- Donna Dyer is organizing Second Steps-Bullying Skits. It will showcase students stepping up for others
- Barbara Maher and Nancy Plummer are making heart health awareness by everyone wearing red on a particular day
- Lincoln Middle School is also running a dodge ball tournament

It has been observed by many that students in the Lincoln Middle School are making better choices in the cafeteria. Salads are a big hit.

Lonsdale

Campaign for Positive Behavior in the Cafeteria. They are called the Leopards. Most spots on leopards win a tablecloth, flowers and plastic cups on lunch table.

District Bullying Plan

Georgia provided the committee with a brief update on the status of the work at the district level. Many ways to report bullying – including via website. Quality of incidents being reported should be noted. Some are incidents that lead to bullying, things that are suspected. Let us address bullying if bullying. What is the legal definition of what is bullying? There is a FINE

line. We need to FIND BALANCE - what programmatic efforts work? Maryann McComiskey noted that PBIS provides a foundation.

Next Meeting - April 30

Meeting adjourned at 9:00 am.

Submitted by:

Patricia Ann Kilsey

