

**Lincoln Public Schools
Health and Wellness Committee
September 29, 2016**

Minutes

The meeting was called to order at 8:00 AM. Mary Anne welcomed new and returning members and asked each member to introduce themselves and to give their primary interest in being involved in the work of the District Wellness Committee.

Andrew Viveiros asked for feedback on the healthy snack information that he had shared with the schools electronically, indicating that this was provided as a partial reference for the types of snacks that may be provided in school to all students.

Georgia announced that the 11th Annual District Walk would be held on Friday, Oct. 21st with Oct. 28th as the rain date. Alec Ciminello, Principal at Northern, indicated that while Spartan had found it necessary to cut back on some of the equipment they have provided in the past, they remained involved. Recycling is the theme of this year's walk.

Mary Anne suggested that the Committee consider dividing into Work Groups for the 2016-2017 school year. The suggested work groups represent the key focus areas of the Wellness Committee and also include components of a coordinated school health model: Nutrition, Mental Health and Sexual Health. Andrew Viveiros agreed to lead the Nutrition Work Group, Jim Frost, Mental Health and Rhonda Sexton, Sexual Health. Suggested topics were identified for each work group based on the requirements of the district's Wellness policy and concerns that have been raised by staff, students and parents through the Annual Wellness Survey.

Mary Anne asked that each Wellness Committee member circle their preferred workgroup, include their email address and leave it with her at the end of the meeting. The leads for each Work Group will set a meeting date prior to the next Wellness Committee meeting for the purpose of deciding on a plan of work for the remainder of the year. Each Work Group was also encouraged to reach out to other staff, students and parents that may be interested in participating.

Karin Wetherill from the RI Healthy Schools Coalition distributed some information from the Annual Breakfast for School Leaders. She reminded the Committee that the Coalition is a resource for schools on both nutrition and physical activity and encouraged visiting the new RIHSC website.

Georgia indicated that the District Wellness Committee meeting dates for the remainder of 2016-2017 would be sent out by Eileen in the next few days.

The meeting adjourned at 9:00 AM