

LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE
MEETING MINUTES

Meeting Date: October 19, 2017

Meeting Time: 8:00 A.M.

Meeting Location: C-5 at LHS

Mary Anne Roll welcomed everyone to our first meeting of the 2017-2018 school year. She mentioned that we will be meeting about 4-5 times during the year here at the high school. Mary Anne and Georgia co-chair the committee.

Introductions were made around the room from people of various walks; parents, students, doctor, nurses, physical education staff, administration from elementary and, middle and high schools, Aramark foodservice, 1st Class Café, counselors and Rhode Island Health School Coalition. Each person introduced themselves, stated their position and mentioned their purpose for their interest in the committee. (representatives from all areas of Mental, Physical, Nutritional, and well-being Health)

The committee has been in place for about 13 years and is run according to the State regulations.

A report was given on the RI Healthy Schools Coalition Breakfast. It was mentioned that it was the same day as the District Walk. Hopefully this will not happen again. Materials were made available on the exhibitors, sessions that were conducted, and upcoming trainings and events. (Playshop-for elementary; new games to make the best of recess, options/choices)

Gender Identity Policy and Protocol update was given. We have been working on administrative procedures to keep all our kids safe, healthy and supported. Ben Scungio, school department legal counsel stated (through Mary Anne) that we should be looking at a separate policy statement from the protocol and procedures. Lincoln is consistent with all policies. We are here to protect all students and staff. Mary Anne asked that we would please review the policies and make sure they are clear and understand language around need of students. Look at both documents and send her back feedback.

Cameron, a student, expressed his pleasure with the present policies and administrative support.

Review of 2016-17 issues update was given. We concentrate on whole school and whole child--all areas; mental, physical, social, emotional and community engagement. We continue to recognize the link between wellness and being better prepared to learn.

Kevin McNamara talked about the surveys conducted regarding homework. Connections between homework, stress (especially for AP students) we need to monitor on all levels. He will bring it up at the SIT meeting. Changing school start times can be costly. Research says we should be starting later. Transportation is an issue. Parents and students should have a voice.

The state says if we all did it; it would be better. We are continuing to monitor this on the state level.

This year 2017-2018 we will consider the Whole School, Whole Community, Whole Child Model.

Caroline Frey stated that parent engagement is very important. Try to have events that are student centered and get parents involved. There is fear among parents. We must get parents into the building for things so they feel welcomed and comfortable, not fearful and anxious.

Dr. Chan invited parents for a session on sexual Health and 30 parents responded. His approach is to educate. Parents are very sensitive about this matter.

Marijuana/Vape are big issues and causing problems in brain development. More should be done to support adult community and young people. Looking at survey Works from RIDE, parents have an issue with time with their child and who the kids' friends are. Use and abuse is an issue.

Pam Shayer from Prevention Coalition and Karen Kruth set up a room during Parent Conferences for parents to stop by and try to spot/observe a "typical child's room to try and spot locations and clues for use and abuse. Pam will be conducting an informational session at the faculty meeting to our staff at LHS in January. What is out there, what to look for and things to be aware of around us.

Inform parents of what is out there. Educate of the dangers. People are dying. Opioid deaths are rising. Parents must be aware of prescription drugs around the house.

Attendance is a big issue at the High School. An attendance committee has been established to look into reasons and help address the issues. Middle School has an issue with tardiness. We need to connect attendance with health and see what is going on. Connect with parents and families

Cyber bullying continues to be an issue. Stress is major, especially among AP students and top ten students. They need to know how to manage stress. We need to take time to connect with the families on these health issues in order to help our youth.

Erin Shoemaker from Aramark introduced his staff and some new ideas he wants to implement at High School and Middle School. Tortillas made to order (HS) and Dippin Dots (HS and MS)

Meeting adjourned at 9:10

NEXT meeting: November 30