

# **Health and Wellness Subcommittee Meeting Minutes**

**March 12, 2015**

**In attendance: Alissa Berman, Domenic Giusti, Yan Sun, Sharon Kitchin, Carolyn Mark, Susan Riley, Nancy Day**

## **1. Best practice discussion/ID promotion opportunities**

**The group reviewed information collected by Amanda Barnes from staff at Meadowbrook. There are a number of best practices in place at Meadowbrook that the group is excited to highlight. Yan Sun proposed trying out a program that allows one to create a video clip/PowerPoint set to music which would be a nice, animated way of highlighting health and wellness efforts in schools. The group is excited to try it. We will work to get photos from Meadowbrook, and will make a similar effort at Frenchtown so that we can highlight both schools at the same time during the month of April. In May, we will look to showcase Eldredge and Hanaford, and in June we will do the same for Cole and the HS.**

## **2. Review and tweak Wellness Assessment Tool**

**The group agreed to use the tool "as-is" for this year. Two schools (Meadowbrook and Cole) received official visits recently from RIDE using the same tool.**

**3. Create roll out plan and timeline for District Wellness Assessment**  
Carolyn will talk to principals at Admin Council meeting on April 14 to share the tool and lay the groundwork for conducting the assessments. Our goal is to get this done between PARCC administrations, so ideally by May 1. This gives us plenty of time to assemble an end of year report for the school committee.

**Next meeting agenda to include:**

- 1) A discussion about Blue Cross/Blue Shield grant opportunities for wellness.**
- 2) Recess in RI - Nancy Day has joined this group and report back**
- 3) Discussion about school menus and how to educate and engage stakeholders in menu development process**