

**East Greenwich Public Schools
Health and Wellness Committee Meeting
Meeting Minutes
Monday, October 26, 2015
Eldredge School**

In attendance: Beth Cauley, Nancy Day, Michelle Edwards, Domenic Giusti, Carolyn Mark, Laura Murphy, Yan Sun, Ellise Wolff, Donna Tringali (American Heart Association)

MEETING MINUTES

I. Welcome and Introductions

The Committee welcomed Donna Tringali from the American Heart Association who shared information regarding the programs and services available to schools and school districts from the AHA. Donna will forward any additional information to Carolyn who will disseminate it to the Committee and ensure that the Admin Council receives it as well.

***Action Item:** Dom Giusti made a note to follow up with the Admin Council and Bob Wilmarth regarding ensuring that all who rent our facilities know where the AED is located. Will raise the question regarding how we might install signage noting where they are located in every building.*

II. Heart Safe School Accreditation Update and Follow Up Discussion

Lauren reported that she has not yet been able to meet with Mr. Downey, but that they planned to meet shortly. She is interested in pursuing a survey of teachers and staff to quickly identify how many CPR certified adults we currently have in the high school.

***Action Item:** Lauren to meet with Mr. Downey and to follow up with Mr. Podraza in pursuit of the survey idea.*

III. Staff Wellness/Blue Cross Grant Opportunity Update

Rose Emilio provided a written update that Carolyn shared with the group. So far, five out of six schools have submitted their interests to the Central Office. As of now:

- Frenchtown is looking to offer yoga
- Hanaford would like Cardio Conditioning
- EGHS would like Cardio Conditioning
- Central Office would like Stretch and Tone

- Meadowbrook is interested in Cholesterol Awareness and Yoga

Beth Cauley and Dom Giusti expressed interest in the creation of a master schedule of offerings so that staff has the option of signing up for programs in schools other than their own.

Action Item: Carolyn will follow up with the Central Office to request this.

IV. H&W Goals 2015/16

The group reviewed the draft ideas from our last meeting, and finalized our goals for this year as follows:

- 1) Identify, support and promote student led initiatives that promote health and wellness
- 2) Promote best practice initiatives in schools
- 3) Identify resources and support the implementation of creative ways to keep kids moving during indoor recess on days of inclement weather.
- 4) Work closely with Aramark to facilitate community engagement in our school meals program.
- 5) Identify and develop methods for educating stakeholders in the community on the district's health and wellness policy.
- 6) Facilitate the connection between the RI Health Schools Coalition and our school district so that our school community can take advantage of wellness offerings through the coalition.
- 7) Promote staff wellness by identifying opportunities and offerings that can be made available to staff.

Lead individuals were identified to begin working on these goal areas. Leads are responsible for drafting recommended next steps, and will report on these at the next meeting. Contact information is provided so that those who were unable to attend but who want to work on these goal areas can reach out to these leads and provide input in advance of the next meeting.

Action Item: The following individuals will take the lead on developing some recommended next steps.

- 1) Whole Committee - Promote, identify and support student led initiatives that promote health and wellness
- 2) Yan Sun (yansun.egsc@gmail.com) - Promote best practice initiatives
- 3) Nancy Day - (johnandnancyday@gmail.com) Indoor Recess
- 4) Michelle Edwards - (Edwards-Michelle@aramark.com) - Community engagement regarding school meals

- 5) Dom Guisti (dguisti@egsd.net) - Identify and develop methods for educating stakeholders in the community on the district's health and wellness policy
- 6) Carolyn Mark (carolynmark@mac.com) - RI Health Schools Coalition
- 7) TBD following Blue Cross grant program - Staff wellness

V. Other business - none

VI. Finalize meeting schedule for school year

- Will revisit at next meeting, scheduled for Monday, November 30 from 3-4:30pm.