

**LINCOLN PUBLIC SCHOOLS  
HEALTH AND WELLNESS COMMITTEE  
MINUTES  
DECEMBER 8, 2016**

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

Mary Ann introduced Rosemary Reilly-Chammat who was in attendance representing the RI ASCD. She provided members of the Wellness Committee with information regarding the WHOLE CHILD initiative of the ASCD. She noted that the four tenets of the WHOLE CHILD and the components of the COORDINATED SCHOOL HEALTH model that Lincoln's Wellness Committee is committed to are mutually supportive. Over the past several months, a number of School Committee's in Rhode Island have adopted a Whole Child Resolution. Rosemary suggested that the Lincoln School Committee may also wish to consider such a Resolution at this time. Mary Anne suggested that the members of the Wellness Committee review the materials that have been provided for discussion at the next meeting. If the Wellness Committee is supportive, the Resolution would then be forwarded to the School Committee for their consideration in February or March.

**Work Group Reports:**

**Nutrition:** Andrew Viveiros reported that the Nutrition Workgroup discussed elementary lunch time and ways in which to help students use their time better. A new menu backer, including suggestions for parents for use on the January menu was reviewed. The possibility of seeking a waiver that would allow LHS to serve coffee in the morning was discussed. The discussion included pros and cons of caffeine use by teenagers as well as the link to tardy rates. Andrew provided some links to the group to help them learn more about the topic. Finally, Andrew shared data on the Breakfast Cart sales which have been disappointing. The cart will be repurposed in January as another station in the Cafeteria during lunch.

**Adolescent Health:** Mary Anne reported briefly on the Parent Information Night at LHS on December 6<sup>th</sup>. Dr. Philip Chan, a member of the Wellness Committee, along with Rhonda Sexton, LHS School Nurse Teacher, led a discussion of several components of Sexual Health including STD, Teen pregnancy and sex education within the scope of the Health Education Curriculum at LHS. Approximately 30 people attended. Mary Anne thanked both Rhonda and Dr. Chan for their efforts in planning this event.

**Mental Health:** Two presentations:

Cameron Deutsch, a Junior at LHS reported on his research related to adolescent sleep needs and high school start times. His report was based on his Exhibition project completed last year. It was suggested that Cameron look at the experience of other school districts in RI that have instituted a later start time (East Greenwich) or are currently considering such a change ((Barrington, Cumberland). It was also recommended that he gather some information related to bussing costs from Lincoln's Director of Non-Instructional Services, Armand Milazzo). Mary

Anne noted that a change in start times at LHS would likely impact the budget, the support of the Lincoln School Committee would be required to move forward.

Derek Degnan, Senior at LHS reported on the research that supports “recess” at the high school level. He noted that the RI General Assembly passed a bill in the Spring of 2016 that requires a minimum of 20 minutes recess for students in Grades K-5. There is general agreement that activity breaks or “recess” benefits all students, Mary Anne suggested that as the inclusion of “recess” at the secondary schools (both Middle and High Schools) begin with scheduling as well as discussions with teachers, she suggested that the Principals consider what options might be available to for “recess” at both schools.

School Reports:

LONSDALE:

Dental Screenings have been completed. 86% of the students need no additional follow-up. Principal Rosemary Stein attended a workshop sponsored by Playworks that provided ideas for indoor recess that promote active and inclusive play. Zumba classes directed by a licensed instructor are held on Monday evenings at the school for both adults and children

NORTHERN LINCOLN ELEMENTARY:

Staff Wellness: Blood pressure screenings have been offered to staff and Yoga classes are held every other Friday before school. A Walking Class is planned for the Spring. Northern Community: There was a Health Information Book during Parent Conferences. Planning is underway for an Internet Safety Night and a Salad Celebration in June.

SAYLESVILLE:

BOKS Pilot ran from October until the end of November. BOKS is a before school program emphasizing the benefits of daily physical activity. Research demonstrates that exercising before school improves student performance throughout the school day. Students were all given t-shirts

Fusion Works will provide a one day workshop for Grade 2 on January 11<sup>th</sup>.

All students were given a pedometer prior to the District Walk in October. Many continue to wear them every day and also participate in the Walking Club during Recess. The Y afterschool program incorporated a “step challenge” using the pedometers as well.