

LINCOLN PUBLIC SCHOOLS  
HEALTH AND WELLNESS COMMITTEE MEETING  
WEDNESDAY, SEPTEMBER 24, 2014  
LINCOLN HIGH SCHOOL  
MINUTES

The meeting was called to order by Mary Anne Roll, at 8:00 am.

This is the first meeting of the 2014-2015 school year. New and returning members of the committee were welcomed and introduced themselves.

This committee was established over 10 years ago as required by state law. While the law focuses its attention on nutrition, physical activity and staff wellness, in Lincoln we have used a more comprehensive approach - a comprehensive school health model that includes, health education, counseling services, health services, a healthy school environment and family engagement, along with nutrition services, physical education and staff wellness. According to legislation, it is to be chaired by a school committee member.

Mary Ann McComiskey updated the committee on the status of the grant that Lincoln will receive as part of its participation in the School Health Advisory Committee (SHAC). Last year Rosemary Reilly, Department of Education, addressed our committee about participating in the grant to support a healthy lifestyle and invited Lincoln to participate. The District Wellness Committee supported the participation of LHS in this work. Mary Ann's committee wrote and received the grant this summer. The grant help will work with educating students regarding HIV, STP, Anti bullying, Sexual Harassment, etc. The curriculum will be followed and worked on also in conjunction with the broadcasting class as well as communicating with parents on how to deal with their children. The grant amount is \$3,400.00. Money will be used to implement process. Let's start the conversation. Focus on high school to begin. Mary Anne Roll thanked the committee.

Lori Miller and Andrew Viveiros attended RIDE's Annual Food Service Training on Sept. 17th. Both noted that the speaker in the morning was amazing. A Cornell graduate she spoke of the importance of looking at behavior research in developing strategies for improving student nutrition; this is what drives the school lunch program. The afternoon session focused on food service sales, USDA guidelines, portions, and dates.

The last date for free/reduced lunch, following last year's records is October 7th and then we start on the new applications. Eventually Lincoln's Food Service will have an audit/ review— maybe next year. We are good. Rhode Island regulations are currently stricter than federal.

Karen Zangari spoke about the Table Hostings as a means of helping parents understand school lunch. Giving parents the experience to come in, model, see, experience and give feedback is

vital. Parents are concerned about not knowing what goes on at lunch time and have concerns that can be addressed and answered. Communication is KEY. Email is a good way to communicate with parents.

The 2013-14 Online Evaluation Tool/Survey – A summary of the results from the Wellness Evaluation were distributed by Mary Anne Roll for discussion. She has worked with Andrew and Chris Cadieux with the organization of the online tool to give feedback of Lincoln’s Wellness Policy. Members of the Committee discussed a number of the “next step” items from the comment section of the summary including mental health concerns, stress management, fundraising activities by school based organizations that still rely on food sales, increasing opportunities for physical activity outside of PE, strategies for communicating more effectively to parents the message that if it cannot be sold/served to students, it cannot be sold/served to students anywhere in school during the school day.

Mary Anne encouraged members of the Wellness Committee to work with the staff, students and families at their school to identify a focus for their Wellness efforts this year. School reports will be included on the November agenda.

NEXT MEETING November 19, 2014

Meeting adjourned at 9:00 AM

Submitted by Patricia Ann Kilsey