

**LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE
JANUARY 13, 2016**

MINUTES

The meeting was called to order at 8:02 a.m. by Mary Anne Roll and introductions were made.

1. Wellness Committee members Jim Frost, Mike Bedrossian and Paula Howard provided an update on the review and revision of the Health and PE curricula. Alignment with the CCSS (Common Core State Standards) and integration of web-based materials are an important part of the process. At the LHS, a themed based approach is used to help meet the challenge of time and scheduling.
2. Mary Anne asked for input and suggestions for addressing the Staff Wellness component in the District's Wellness Policy. Superintendent Fortunato noted that the District's Health Benefit no longer covers costs that were formerly included: e.g. gym memberships. Rita Kinniburgh mentioned the new "store" at Lincoln Mall and that BCBS provides information regarding personal wellness/preventative wellness on their website. It was noted that each school has a Climate/Culture Committee and that these may provide opportunities to discuss the needs of the staff and to develop plans/activities to address those.
3. Rhonda Sexton was absent. The SHAC report was tabled to the next meeting.
4. LHS was awarded a \$3,500 Fuel up to Play Grant. Andrew, Beth and Melanie applied in the fall and will implement their programs in the spring. Some of the money will be spent on equipment for a new Smoothie Station at LHS.
5. At the request of the LHS student representatives, ARAMARK provided a "tasting" including a variety of Breakfast options (New egg lollipops with dipping sauce, French toast, breakfast sandwiches and 100% fruit juice currently available at LHS. Andrew Viveiros indicated that he was interested in finding more opportunities to get input from a larger number/cross-section of students at the High School.
6. An Aramark Student Viewpoint Survey will be rolled out at LMS and LHS in January and February. Incentive prizes, including healthy snacks and a chance to win 2 Kindle Fires will be raffled off. A suggestion was made to use Health classes and possibly Advisories for "surveying" students.
7. Andrew provided an update on the Spring Aramark RI High School Culinary Competition. LHS has a team of 2 students entered. Time and date are being worked out with Bryant College.
6. The meeting adjourned at 9:00 a.m. Next meeting: March 23, 2016