

District Wellness Committee Meeting  
November 18, 2015  
Lincoln High School

Mary Anne Roll called the meeting to order at 8:00 AM and introductions were made.

Guests from American Heart Association, Farm Fresh RI, and Karin Wetherill from the RI Healthy School Coalition joined the Committee for this meeting.

Karin Wetherill - RI Healthy Schools Coalition

Spoke about how the coalition can support RI schools. She talked about the Rethinking Fundraising Workshop scheduled for December 9th 4-5:30 and invited anyone including students and parents to attend. Information will be forwarded to Andrew Viveiros to be shared with Wellness Committee members and schools.

Rhode Island Farm 2 School - Patricia and Onee

This year Farm 2 School has a program (Harvest Food of the Month) to highlight the inclusion of locally grown food in the School Lunch program. Promotional materials have provided to Food Service and can be seen in the cafeterias. Tastings can be arranged/scheduled for the elementary schools as well as possibly at the middle school. For high schools, *Lessons of Food Justice* which addresses the value of buying and eating locally grown foods, is available.

Jamie Aspenson from the American Heart Association spoke about the AHA mission. They are working with staff at LHS on a program called Heart Chase, which is currently in place in MA and NY. PE staff at LHS are working with the AHA on this program which is planned for the Spring. LHS will be the first RI high school to participate.

Mary Anne Mignacca, Saylesville nurse teacher, reported on a grant proposal under development with the assistance of a parent. It involves an activity using pedometers. A competition among all 5th graders in the district would be planned as an extension of the district walk. It could also serve as a way to build teamwork among all the 5th grade students before middle school. The parent is looking into donated pedometers from Shape UP RI.

Andrew Viveiros - Food Waste and Recycling Information

In 2016 there will be new State Regulations regarding School Waste and Recycling. Andrew shared what he has learned about opportunities to recycle food waste locally. The idea came from a meeting with the Lonsdale PTO. Local pig farms and composting companies are currently recycling food waste. There are costs and while they appear to be small, for the district they would add up and need to come from someone's budget. Andrew has had an initial conversation with Dave Sayles at Town Hall and will continue to explore options that may prove to be practical, ie, less costly to the school district.

## **School Reports**

Lonsdale principal, Rosemary Stein went to a Playworks Recess games workshop sponsored by the RIHSC. She is working with staff to implement new games, etc. at her school.

Recess at HS/MS discussion. How can more physical activity be incorporated into the day? Physical activity also provides a mental break for our students and staff. HS has advisory time and MS has PE all year with Advisory as well. Karin Wetherill will send information related to Secondary Activity Break Ideas for our staff.

Andrew Viveiros provided information about the Chef Competition for interested students at LHS.

Jim Frost reported that all 9th grade students in PE had a Teen Dating Violence workshop with the Rhode Island Coalition Against Domestic Violence (Francine Perry) last week.

Mary Anne Roll reported that she and Andrew have been in the process of visiting with each PTA/PTO in the district to speak about the results of the 2015 Wellness Survey. LHS PACT is scheduled for Nov. 18th and Saylesville is January 6th.

Next meeting January 13th 2016, Room 1 LHS.

Meeting adjourned at 9:00 AM.