

**LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE MEETING
WEDNESDAY, OCTOBER 14, 2015
LINCOLN HIGH SCHOOL
MINUTES**

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

Ms. Georgia Fortunato and Mrs. Mary Anne Roll will continue to co-chair the committee for the 2015-16 school year. New and returning members were welcomed and introduced themselves.

Wellness Survey Results

Mary Anne distributed the Wellness Survey Results for review. She emphasized that while the goal for the district and at the school level is compliance with state and federal regulations, each school is unique and has specific areas of wellness that it may wish to address beyond the three basic elements required by regulation: Nutrition, Physical/Health Education and Staff Wellness. A more comprehensive definition of school health includes the physical environment, climate, mental health and engaging parents/families.

75 individuals responded to the online Wellness survey in June compared to 12 in 2014. In general, responses indicate that the schools and the district are in compliance with the district's Wellness Policy. More work needs to be done with parents and staff to help both understand the rule, "If it cannot be sold/served to students in the cafeteria, it cannot be provided outside the cafeteria before and during the school day." This regulation does not apply to the food students bring from home for their own consumption. The school district needs to continue to communicate the key message of the wellness policy in order to ensure consistency across the schools.

School News/Reports

LHS: Congratulations to Rhonda Sexton and Pam Shayer on their presentation "Mountain or a Mole Hill" on October 8th. This was done with the grant from the RIDE and the US Center for Disease Control. Approximately 40 people were in attendance. Those in attendance felt that they received vital /practical information. Pamphlets and informational materials were distributed about sensitive issues: adolescent sexual health, substance use and abuse, mental health issues and services.

District Walk – 10th Anniversary: Donations of T-shirts, bracelets, headbands obtained by Deb Reddy from Spartan will be distributed to students. A variety of fitness challenges and activities will be set up along the Bike Path along with informational posters created by

students from the elementary schools. Students from LMS and LHS will assist with the demonstrations along the Path and many parent volunteers will assist with supervision. Healthy snacks and apples will be available at the schools to students after the walk. Planning for this annual district event takes months of planning. Deb Reddy and Sue Pepper along with the Health and PE teachers across the district have made THE WALK the success that it is.

Aramark - Andrew Viveiros provided information about a variety of resources available to support school wellness. He addressed some of the more common concerns regarding both Breakfast and Lunch expressed by those who responded to the Wellness Survey. He has joined Mrs. Roll at PTO meetings to talk directly with parents. They have visited Central and Lonsdale and LMS and hope to complete the PTA/PTO "tours" before the holidays.

Beth Bedrossian reported on a number of PE/Health activities at LHS since the beginning of the school year. PE teachers are all on Google classroom and can be followed on twitter. The night of Open House they did "Are you FITTER than a high schooler" and BMI checks with parents. The Health/PE dept. at LHS is applying for a grant from the NE Dairy Council. More information to come in November.

Mrs. Kilsey's transition class completed a 3-day Healthy Lifestyles workshop at CCRI run by the Department of Health. Each student received a certificate and \$50.00 gift card to Target.

Mary Ann Roll indicated that Karin Witherill from the RI Healthy Schools Coalition would like to attend the next Wellness Committee along with a representative of Farm Fresh RI. She will follow-up.

Date for upcoming meetings- all in Rm. 1 at LHS:

Nov 18 8:00 am

Jan 13 8:00 am

March 23 8:00 am

May 25 8:00 am

Meeting adjourned at 8:55

Submitted by: Patricia Ann Kilsey