

Lincoln Public Schools  
Health and Wellness Committee Meeting  
Wednesday, January 21, 2015  
Lincoln High School  
Minutes

The meeting was called to order by Superintendent Georgia Fortunato at 8:00 am.

New and returning members were welcomed and introduction to a new student was made.

As Mary Anne Roll was delayed, Ms. Fortunato went directly to the School reports.

NORTHERN- The principal discussed the Biggest Loser program. It will run for 11 weeks with 19 members. Fridays will be weigh-in day. If you gain weight, you pay \$2.00 to the pot. Winner gets the pot in the end.

LONSDALE- sponsoring Table Hosting for 1<sup>st</sup> grade parent (Principal, Karen and Andrew). They are speaking to students and teachers about other activities that can go in conjunction with the table hosting on the same day. The event will take place on the first Friday in February.

CENTRAL- Paula spoke about their table hosting and that February is Heart Health month. They will have activities like jump roping to get cardiac exercise going the 1<sup>st</sup> week and strength activities the 2<sup>nd</sup>. well as well as mental health events.

MIDDLE SCHOOL-continuing with their food gleaning since it is very successful and beneficial to the students. Students look forward to the extra healthy food. Mike Bedrossian mentioned the group fitness stations during the classes, cooperative games, Hoops and Jump Rope for Heart. There is a Hoop Tournament scheduled for March around the time of the NCA.

HIGH SCHOOL- End of first semester. Students were given awards for best physical education students. A presentation was given at the staff meeting about RESPECT. PE classes will be working on goal setting by coordinating it with Way to Go RI. They want to raise \$500.00 for Jump Rope for Heart in February again. Guest speakers have been invited in to give presentations on SAFETY-ice, boating etc. from the US Coast Guard. Many students mentored other students for their exhibition projects on various health issues such as stress, skin care, physical activity, food safety, healthy eating. Websites have been designed to spread awareness of Healthy Food Options. There were a ton of exhibition projects on Healthy Lifestyles. We continue with the successful Meditation Mondays by Ms. Colleen Gilroy.

SAYLESVILLE—Jump Rope for Heart - Nurse goes in lunchroom 2-3 times a week checking for healthy lunches. They began a program on Anger Management and Stress relief. She took them to the beach. Upon returning they had to illustrate and write about how they felt.

### **Tobacco Policy Revision**

Mary Anne asked Pam Shayer, the town's Substance Abuse Prevention Co-ordinator to talk regarding recommendations from the RI Dept. of Health school for revisions to existing tobacco policies. Specifically, our policy needs to address e-cigarette and other nicotine products. Pam provided suggested language for revising our current policy to address this.

Mary Anne Roll asked for a dissuasion of the use of suspension as the designated consequence for violations of the Tobacco policy. Kevin McNamara, Mark Thompson, Alex \_\_\_\_\_ agreed to meet with Mary Anne and Georgia to discuss the issue of consequences in greater detail and bring a recommendation back to the Wellness Committee at its next meeting. The goal is to have a revised Tobacco Policy adopted by the School Committee by the end of May so that information can be included in Student Handbooks.

### **Grant Update**

Rhonda- The original SHAC grant of \$3500 has been increased to \$4,500. Program and training materials for staff, students and parents will be purchased. Training will be coordinated with community-based organizations (Youth Pride). The first report is to be submitted by January 26 to the RIDE. State is happy with our progress .

Meetings for the remainder of the 2014-2015 school year:

Wednesday, February 25, 2015 (rather than March 25 due to PARCC testing).

Wednesday, May 20, 2015

Adjournment 9:00 am

Submitted By

Patricia Ann Kilsey