

LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE MEETING
WEDNESDAY, NOVEMBER 12, 2014
LINCOLN HIGH SCHOOL
MINUTES

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

New and returning members of the committee were welcomed and introduced.

This month's agenda focused on reports from the schools.

District Health Walk was a great success. Administration wants to up it for the 10th year next year. They would like to get the middle school involved also.

Mr. Thompson described efforts at the Middle School to address waste – especially at Breakfast. Andrew Viveiros indicated that the same procedure could be used at other schools

Andrew also addressed questions concerning labeling, nutrition, portions, calories and fat. The Committee asked if specific information about food items on the Menu could be put online, or items labeled with more specific information. Students are better informed and able to use nutrition information when it is provided. Rhonda indicated that providing carbohydrate information is especially important for many students with underlying health issues. There was a suggestion made to use TV monitors at LMS and LHS to provide not only nutrition information for menu items but also to provide other nutrition information that our students may need to know. Andrew also emphasized his interest in getting feedback from students regarding the Food Service program.

Middle school has the Presidential Fitness Challenge going on; also Hoops for Heart, Jump Rope for Health.

High School: Beth and Mel organized Jump Rope for Heart. They raised \$1,000. They also are running a basketball tournament.

A Dating Violence Workshop was presented by a past graduate. Topics such as health, sexting, law and unhealthy practices were discussed.

PBIS Committee is developing school wide protocols. Both LHS and LMS are getting their message out both in school and online.

Mary Ann McComiskey reported that additional funding for the SHAC grant at LHS has been made available from the CDC through RIDE. An amended grant proposal was submitted to RIDE resulting. LHS can expect a small additional amount of funds to be awarded.

Lincoln High School is hosting the Project Respect Workshop again in early December.

Mary Anne Roll noted that Mental Health was listed as an area of concern in last June's Wellness Evaluation by Mr. McNamara. Mary Anne Roll talked about "The Race to Nowhere." This film addresses the various "stressors" in students' lives. All Administrators have had the opportunity to see it. The district is getting a copy. The Wellness Committee may want to consider a look district-wide discussion including parents, teachers and school staff.

Important: Wellness Committee Agendas and Minutes will be posted on the School District's website under the School Committee tab.

NEXT MEETING: January 21, 2015

Meeting Adjourned 9:00 am

Respectfully Submitted By

Patricia Ann Kilsey