

Wellness Committee

Meeting Minutes

January 8, 2009

Present:

Diana Campbell, Chair
Don Rebello, MHHS Principal
Karen Annotti, Rockwell Principal
Sonya Whipp, Guiteras Principal
TJ DelSanto, MHHS Physical Education & Health Dept. Chair
Laurel Thayer, MHHS Family & Consumer Science Dept Chair
Joann Dahmer, Family & Consumer Science Dept. Chair, KMS
Susan Donovan, Health and PE Elementary
Andrew Cerullo, Chartwells Food Service Director
Nancy Roberts, Chartwells Nutritionist
Tom Breslin, MD, Rep of Interest
Jillian Caranci, Blue Cross-Staff Wellness
Kirsten DiChiappari, Director Evolution Bodywork & Nutrition
Kali Garges, Dietician
Carole Toselli, Kids First Healthy Schools Coordinator

Parent Representatives:

Bobbi Jarvis
Marilyn Weiman, MHHS Parent

NEXT MEETING: THURSDAY, FEBRUARY 5, 2009 AT 4:30 IN M108 AT MT. HOPE HIGH SCHOOL

Meeting was called to order by Chair Diana Campbell at 4:36 p.m. Minutes from the last committee meeting were reviewed and accepted into the record.

HIGHLIGHTS OF RECENT ACTIVITIES & UPDATES

Bobbi Jarvis reported that eighty (80) students are participating in the morning exercise program at Rockwell School. Bobbi has measured the exterior and interior walking areas at the school which include the playground, bus circle, parent drop-off circle, etc. This walking club is a test pilot with the expectation that it will expand school-wide in the spring during recess allowing everyone to participate. A few parents will assist Bobbi in tallying the miles walked.

The New England Dairy Council has awarded a 1st place grant to Chartwells (Andy Cerullo). The funds can be spent to provide free breakfast during testing weeks. Andy made note that the funds have to be used for promotions, nutritional education, etc. They cannot be used for such things as salaries or equipment.

Sue Donovan spoke about the increase in requests for the Guiteras School store to provide gift certificates for birthday parties rather than having unhealthy snacks. The school store carries school-related items that the students enjoy purchasing. All elementary schools will eventually have a school store.

Kirsten DiChiaparrì informed members that the Women Ending Hunger group will show a film entitled Angry Moms. The film will be shown on Tuesday, January 16th at 11 a.m. at the Community Food Bank in the Providence area. The film highlights mothers who worked together, getting more involved in the schools and the school lunch program. Kirsten will email committee members additional information about this film and the group, Women Ending Hunger.

Dr. Fox has scheduled four PTO meetings. Dr. Fox is scheduled to be at Colt Andrews on January 28th. Diana will email the committee members the dates of his additional speaking engagements. Bobbi Jarvis asked if information could be shared amongst parents at all the elementary schools as to what is taking place in terms of wellness and fitness. The website wellness section will also be updated as to wellness and fitness information and events.

Due to lack of business participation, the Wellness Fair was postponed. On a positive note, this will give additional lead time to plan this event in the coming months.

An adult exercise class will be held at Rockwell, three nights a week between 6:30 and 7 p.m. The class is open to parents, staff and friend 18 years or older. There will be a nominal fee for the class. More details will be announced at the next meeting.

Grant proposals are being accepted by the RI Dept of Health, Tobacco Control. These mini-grants will supplement tobacco-free initiatives. Applications are due January 21st with a start date of February 15th; funds to be spend by the end of the school year.

Susan Donovan shared recent information regarding third-hand smoke. Apparently the film left on items in houses and automobiles is very toxic to infants and young children.

Additional grants are available from General Mills and the NFL. TJ DelSanto believes that proposals for grants such as these could be written as a district initiative. Susan Donovan has applied for the General Mills grant in the past. She agreed the General Mills grant is a comprehensive application. She will check her files to see may have from the past application and share it with TJ. Diana stated that the committee should consider planning in the spring or early fall and begin collecting data needed for proposals, such as free and reduced lunch data, etc.

District Wellness Policy

Diana is the chair for the District's Policy Committee. This committee reviews current district policies and updates them according to new district and state laws. This committee will be meeting on February 2nd at 6 p.m. at the Admin building. Diana would like members of the Wellness Committee to consider attending the meeting on Feb. 2nd to share information about new state laws regarding the wellness policy. The district's current wellness policy does not

incorporate the new state regulations. The policy can be viewed on the district's website under the policy link; it is Policy JH GC.

SUB-GROUPS REPORT OUT:

Nutrition and Meals Nancy stated that this year Chartwells had the healthiest meals ever analyzed. There are new salads at the elementary level. Dr. Breslin reported on his research into reducing childhood obesity in the District. His findings are that the best way for a district to work on this issue is to continue to offer healthy menus (breakfast & lunch) for these children and to increase the physical activity opportunities for them. Both of these suggestions are already being worked on, thanks in part to the Wellness Committee, and so we're on the right track.

Parent Communication and Education

This subgroup will write a proposal for RI Dept of Health, Tobacco Control mini-grant. Ideas including distributing stickers, and information to make parents aware of the new dangers of third-hand smoke will be topics for the mini-grants. Their target dates are April 2nd- which is Kick Butts Day and Worldwide No Tobacco Day in May. Also they would like to sponsor a speaker for the 5th grade classes to discuss the dangers of smoking so as 5th graders prepare to enter the middle school they will be armed against peer pressure.

Physical Education and Activity (Karen Annotti is the newest member to this subgroup.)

Exercise breaks in the classroom and more physical activities during the day is this group's main focus. Jen is hoping to meet with the principal at KMS to talk about what can be done at KMS as far as additional activities, especially after school.

Staff Wellness and Education: (Sonya Whipp is the newest member to join this subgroup.)

Wellness Fair is tentatively set for April 28th which is a district professional development day. All district faculty and staff will be at the high school that day; and the members of the subgroup feel this would be a wonderful opportunity to 'capture' the group as a whole. Information and details about the day's agenda will be confirmed and members will decide how to best plan the for the wellness fair.

There being no further business to discuss, the meeting was adjourned at 5:40 p.m.

Respectfully submitted,

Juliann Tanguay