

**January 12, 2009**

**Narragansett Public Schools: Health & Safety Subcommittee Meeting**

**NPMS Teacher Planning Room**

**4:00 PM – 5:15 PM**

**Attendees:**

Peg Fair, Lyn Magnusen, Judy Frank, Bud Cummings, Carole Toselli, Anne Barlow, Tara Flaherty, Cindy Buxton, Lori Pivarnik, Deb Ranaldi, Jillian Caranci, MuniBlue Advisor (BC/BS of RI), Jen Martin: South County YMCA, Mary Beth Winter, Jennalee Lopes  
Terry Ashworth, new school committee member

**Meeting Minutes:**

Introductions were made by committee members to Terry Ashworth, new school committee representative for H&S

District Food Service Wish List:

Bud collated the data from committee members and those present evaluated the additions to the list. Bud will collate the new data and send out a final food service wish list to the group.

Thanks Bud for completing this project!

Kathy Sipala invited any committee member to participate in a joint meeting with SK on Wednesday, January 14<sup>th</sup> at 4 PM to hear a presentation from Aramark, the present state contractor for food service. Mary Beth and Deb volunteered to participate in the meeting.

District Food Allergy Policy:

Peg passed out copies of the policy for members to review. The school committee had asked this committee to review this policy before the second reading. The intent of the policy is to provide a safe and healthy environment for all students and employees with food allergies; to reduce the likelihood of severe or potential life-threatening allergic reactions and to ensure an effective response in the case of this type of reaction. The policy also protects the rights of food allergy students to participate in all school activities.

There was discussion and comments made. Tara felt there should have been some parents involvement with the creation of this policy. It was acknowledged as an oversight. It was also acknowledged that the H&S meeting provided the opportunity for parents, staff and community members to review the policy, voice concerns or make changes to the policy before the school committee's second reading.

There was a discussion about the importance of hand washing versus the use of hand sanitizers for food allergy prevention.

Staff Wellness:

Peg talked about the opportunity for staff to use the new fitness room at the middle school. Deb will be doing an orientation for staff on how to use the equipment. The room will be available to staff only after school as requested by building principal.

Jennalee mentioned that NHS also has a weight room that is available to staff in the fall and spring. It is open from 6:30 – 7:340 AM and after 2:00 PM for staff use. The HS hopes to have a cardio room to offer to staff and students.

There was a discussion about contacting the local health clubs for equipment. Jenn Martin said the YMCA leases their equipment.

Mary Beth Winter mentioned a lunch & learn workshop to give staff information about the energy one can obtain from different foods, simple meditation techniques and lifestyle choices. Mary Beth also mentioned the Shape Up RI program. Teams can be formed within the district and can have a personal challenge to increase physical activity and/or to lose weight. There will be workshops held in Southern RI for all who participate in the program.

#### Wellness Grants:

A rep from each school took the application form for staff wellness grants to bring back to the staff. The applications need to be sent to Deb Ranaldi to review and then brought to the committee for final approval.

#### RI Healthy School Coalition:

Anne Barlow will be updating the Narragansett School District information for the HSC newsletter. Anne and Deb will be attending the semi-annual RI HSC meeting on January 28<sup>th</sup> at EG Library.

Meeting adjourned at 5:15 PM

Next meeting is scheduled for February 9<sup>th</sup> at 4 PM at the Pier School