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## WELLNESS COMMITTEE MINUTES

Monday, June 4, 2009  
Mt. Hope High School

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**Present:** Diana Campbell, Chair, Jillian Caranci, Jane Correia, TJ DelSanto, Susan Donovan, Lee Ann Freitas, Bobbi Jarvis, Dr. Edward Mara., Nancy Roberts, Laurel Thayer, and Carole Toselli

Diana called the meeting to order at 4:36 PM. The minutes of the meeting from May 7<sup>th</sup> were approved.

**NEXT MEETING: TENTATIVELY SET FOR THURSDAY, OCTOBER 1<sup>ST</sup>, 2009 AT 4:30 IN M108 AT MT. HOPE HIGH SCHOOL**

### UPDATES AND KUDOS

Although, the first two dates for the Project Aces event were rained out, it was ultimately held this past week. Students had a good time; and the local paper attended the event. An article should run in this week's paper.

Dr. Mara and Diana attended an award ceremony sponsored by the Great Providence Chamber of Commerce. The district received an award for Outstanding Healthy Work Site. This is a very important recognition; only about a half dozen schools were acknowledged. Jillian reported our district is ahead of the curve relative to the wellness initiatives of other districts in RI and does a fantastic job with its programs for both students and staff.

A sampling of healthy salads was held on May 14<sup>th</sup> at KMS, sponsored by Chartwells. Homemade salad dressings, broccoli and legumes salads were highlighted. The occasion was a success, with most students at least *trying* the salads.

Bobbi Jarvis reported that the Rockwell Run/Walk club is finishing up on Friday. The morning exercise club has tallied walking miles equating to walking from Bristol, RI to Walt Disney World. The entire school has tallied miles from here to Aspen, CO. Three boys have walked 100 miles each since December. She hopes to have a large map installed in the Rockwell foyer to promote 'walking across the world'. Keeping track of the miles students walk from 1<sup>st</sup> to 5<sup>th</sup> grade is also a goal Bobbi is hoping to track. Also, parents of the after school running club are planning to have a mini-road race to be held at the end of school picnic. This has been very successful in the past.

Lee Ann Freitas, a member of the Kickemuit Educational Foundation, spoke to members of the committee regarding an initiative slated for this summer--the 2009 Summer Fitness Challenge.

Lee Ann is looking to have the Wellness Committee partner with the KEF. The purpose is to continue to keep students active throughout the summer. Students will be asked to log physical activities which they participate in through the summer. Students would keep a log of physical activities they complete. This challenge will culminate in the fall with the KEF Celebration Walk to be held on September 12<sup>th</sup> at the Pete Sepe Pavillion in Warren from 1 to 4 p.m. Lee Ann asked if Chartwells would also consider sponsoring this activity. Nancy will contact Barbara Cohen concerning this. Lee Ann explained this initiative is still in its beginning planning stage, however, with the end of school drawing near, the KEF will be working diligently to put this challenge into place. Flyers will be going out shortly in students' backpacks. Physical education teachers will be notified of this event in the next week.

Suggestions included certificates, medals, prizes, drawings for students who participate. Carole suggested using the health and physical activities guidelines to assist with evaluating the physical activities in which student participate, for example, a ½ hour of waffle ball or performing house hold chores is equivalent to walking so many miles. Susan will send these lists to Lee Ann. Lee Ann would like members to email her with any and all suggestions. Her email address is: [laf911692@aol.com](mailto:laf911692@aol.com). All committee members we in agreement that they would like to partner with KEF in this endeavor.

### **EXERCISE BREAKS**

Exercise breaks at Rockwell continue to be successful. Elementary principals will be canvassed on Friday and they will visit Rockwell to see the exercise breaks in action. Bobbi Jarvis introduced ideas to implement the exercise breaks in each elementary classroom throughout the district. Bobbi is hoping to put together a kit for each classroom teacher which would include a handouts, CDs posters, etc. To produce each classroom kit is costly. Several handouts were shared with the group. There was a brief discussion regarding ways to cut this cost and other avenues, i.e. grant money, donations, students producing the CDs, etc.

Carole and Bobbi will meet throughout the summer to share ideas and brainstorm. It is the hope of members that PTO parents will get on board with this initiative and that some will share the same passion for this project as Bobbi has contributed throughout the entire year. It was suggested the implementation could begin with one grade level at a time or one school at a time in order to make this project a success at every school.

### **COOKIE DOUGH FUNDRAISER**

Cookie dough fundraisers are very popular and profitable at the elementary levels. Several of the elementary schools have been requesting if this fundraiser can be used and not conflict with the Wellness Policy. It was agreed, if the fundraiser is done outside of school and sponsored by the PTOs it does not conflict with the policy. However, members would like to encourage other alternate fundraisers used by PTO's in the future.

### **REFLECTING ON OUR ACCOMPLISHMENTS**

Diana stated her appreciation to all members of the committee for their hard work this year. Jane credited Diana for the great job she's done by bringing the committee back together. Bobbi Jarvis requested that the times of the meetings could alternate next year as it is a difficult time for parents to meet.

### **GOALS FOR NEXT YEAR & NEXT YEAR'S COMMITTEE**

An agenda item for the committee next year will be mental health awareness. Some school committee members feel this is just as important as physical health and wellness. Topics like yoga, breathing exercises, and bereavement and stress are just a few areas slated to be discussed next year.

Laurel would like to plan a nutrition workshop and feels the Family & Consumer Science Dept. will be in a better situation to plan such an event next year. She'd like to collaborate with the Committee and the PE Dept. This could even include high school student mentoring the middle school students.

It was suggested that parents be educated at the first PTO meeting of the year about the Wellness Committee--its purpose and its objectives, and to collaborate with Dr. Fox's presentation. Diana will speak with Bobbi and other PTO contacts throughout the summer on this issue.

There being no further business to discuss the meeting was adjourned at 5:38 PM.

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