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## WELLNESS COMMITTEE MINUTES

Monday, May 4, 2009  
Mt. Hope High School

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### **Present**

Subcommittee: Diana Campbell, Chair; Nancy Roberts, Ellen Estrella, Carole Toselli, Laurel Thayer, and TJ DelSanto (5:07 PM)

### **NEXT MEETING: THURSDAY, JUNE 4<sup>th</sup>, 2009 AT 4:30 IN M108 AT MT. HOPE HIGH SCHOOL**

Diana Campbell called the meeting to order at 4:37 PM. Minutes of the April 2<sup>nd</sup> meeting were approved.

### **Tobacco Presentation**

Former scientist for the Philip Morris Company, Victor DeNoble, was the guest speaker for the District's 5<sup>th</sup> graders. Funds awarded for the tobacco grant sponsored Mr. DeNoble's visit. It was a very positive experience for the students. They were fascinated by the presentation; he was a very animated and energetic speaker. His method was not to approach the subject with the "don't smoke, it's not good for you" method, rather, he showed the students what happens to the brain when one smokes. He had the brain of a monkey and also a piece of human brain both exposed to tobacco use. The presentation was held at both Colt Andrews and at Hugh Cole.

Diana Campbell mentioned that his presentation has been posted on the Substance Abuse Task Force. An article in both the Warren Times and Bristol Phoenix highlights the presentation.

The Town of Bristol website is: [bristolri.us/government/bsapc/index/html](http://bristolri.us/government/bsapc/index/html).

### **Chartwells Highlights**

Nancy Roberts highlighted a recent presentation organized by Chartwells and held at Rockwell School for second graders. Nancy read a book to students about Mediterranean lifestyles and Mediterranean diets. A Chartwells chef who accompanied her then prepared a chickpea dip with chips made from whole wheat pita. After sampling the dip and chips, the students also participated in exercises which was also part of the story. Nancy mentioned that half of the students who sampled the chickpea dip for the first time enjoyed it. She was enthusiastic about the numbers of students who were willing to try something new and healthy. A recipe for the bean dip was also shared. Nancy also reported that on May 14<sup>th</sup> there will be samples available at of the broccoli and chickpea salads at KMS; and local strawberries are on the menu for the month of June.

A promotion in the works for next year is a local foods/local farm promotion which will highlight produce from local farmers. Chartwells has met with local farmers and distributors to

arrange for produce to be highlighted on the menu. Farmers have even been asked for their logos so they can be printed on the backs of the menus.

Carole mentioned that it would be nice to have a listing of local farmers' markets on the website. The Farm Fresh RI campaign has put together a nice, professionally done calendar which lists when and where farmers' markets are being held. Carole will email this calendar to Diana and she will forward it to Kirstin requesting it be posted on the website. It was inquired if any local farmers may be interested in running tours for either field trips or family fun days. Unfortunately, the cost of busing for student field trips is rather costly. Family fun days is a better option for farmers to open up their farms and give students and parents the opportunity to learn about farming and the healthy benefits of fresh and locally grown foods.

### **Wellness Policy**

Diana reported that Wellness is now part of the District's Strategic Plan. She also reported that the revisions which Carole incorporated into the Health & Wellness Policy have been accepted. There was mention, however, of adding mental wellness to the policy; and Diana assured members this topic will be revisited next year.

### **Education Foundation**

The Education Foundation has awarded \$16,000 in grants this year. KMS will be getting a rock wall. There is talk that next year the foundation could be granting \$500 wellness grants for faculty and staff who come up with new wellness initiative proposals. Diana asked everyone to keep this in mind for next year. There is also discussion of the Foundation sponsoring Family Walks in September with the hope of getting more participation. The Foundation's Bodacious Bee earned \$8,600.

### **Kids First Wellness Evaluation**

The Kids First Wellness Evaluation was discussed. Carole believes the email sent by Diana was the same evaluation sent out by Jane Correia earlier in the school year. However, to date, the data was never analyzed. Carole suggested that members should review the Guilford, CT evaluation which is online, more streamlined and easier to complete. Members will consider participating in the survey at the beginning of the school year and then again in June for comparisons.

### **Wellness Fair**

Ellen Estrella reported the Wellness Fair held on Professional Development day was quite successful and well received. She believed, however, that ample time was not built into the structure of the day for everyone to take full advantage of the exhibits. The group of paraprofessionals which were getting CPR and First Aid PD went down to the fair as a group and liked the idea of the fair. It was discussed that maybe next year administration could set some time aside during the PD to allow for more participants to take part. Laurel Thayer stated that she and Kirstin have discussed the possibility of holding the next Wellness Fair during Orientation Day at the beginning of the school year due to the fact that Orientation Day allows for a more flexible schedule depending on the department.

TJ reiterated the positive feedback generated from the Wellness Fair. He stated that before the training for the paraprofessionals' they began the day at the fair. All twenty-six participants had the opportunity to visit the exhibits. The derma-scan exhibit was very popular. Jillian told Ellen that about forty people participate in this exhibit. There was also positive feedback from the bone density exhibit. TJ believes the agencies and exhibitors appreciated the idea of being visited by adults rather than students. Vendors will be willing to participate in another fair knowing that participants could potentially become clients. When planning the next fair, staggered times/rotations would be more beneficial. Laurel will make contact with Kirstin and brainstorm about the positives and negatives of this fair to make the next fair even more of a positive experience. TJ DeSanto suggested that a quarterly newsletter be published by the Wellness Committee to inform and highlight the initiatives taken by the committee.

### **Project ACES**

It is unsure whether the Project ACES at the elementary school went forward this week due to the rainy weather. However, Project ACES at the high school level is scheduled for May 26<sup>th</sup> from 9 am to 12 pm at Hugh Cole School. TJ has been running these events since 1994. Thirty-five seniors and juniors in good academic standing will go to Hugh Cole and meet the fourth and fifth grade students. The field will be set up with 13 to 14 stations. There will be station leaders and class leaders. Station leaders will man activity stations and greet classes. Class leaders will stay with their assigned classes as each class visits a station. These older students act like mentors to the elementary students; and the older kids will share lunch at the end of the event. This event has always been very successful and it is always wonderful to see the older students interacting in a nurturing way with the younger students.

### **Exercise Classes**

TJ also reported that exercise classes have been running for both staff and students and are funded with money earned from a computer study through URI. A dance-exercise class is being held on Wednesdays and a yoga class on Thursdays. Today four staff members and seven students attended the yoga class. Also a 'booty camp' is held on Monday and Thursdays to both students and staff free of charge.

At the next meeting the Diana would like members to reflect back and also discuss what goals members would like to accomplish next year. Diana would also like members to decide if they would like to continue on next year or if there may be someone they would recommend. It was decided that students will be invited to participate as part of the committee. Members would also like to see more parents get involved. Laurel Thayer suggested having her child development students volunteer their babysitting services so parents can attend meetings.

The meeting was adjourned at 5:25 PM

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