

Wellness Committee
Meeting Minutes
October 30, 2008

Present:

Diana Campbell, Chair
Kirsten DiChiappari, Co-Chair
Dr. Edward Mara, Superintendent of Schools
Jane Corriea, Director of Administration and Finance
Guy Murgo, Assistant Principal, Mt. Hope High School
Laurel Thayer, Family & Consumer Science Dept. Chair, Mt. Hope High School
Joann Dahmer, Family & Consumer Science Dept. Chair, KMS
T.J. DelSanto, Physical Education & Health Dept. Chair
Andrew Cerullo, Chartwells Food Service Director
Nancy Roberts, Chartwells Nutritionist
Tom Breslin, MD
Carole Toselli, Kids First Healthy Schools Coordinator

District Parent Representatives:

Marilyn Weiman, MHHS Parent
Bobbi Jarvis, KMS and Rockwell parent

NEXT MEETING: DECEMBER 4, 4:30 AT THE HIGH SCHOOL

Diana called the meeting to order at 4:30 p.m. She passed out agendas and notes from the last meeting. Diana had new members introduce themselves to the group. A current list of contact information was also passed out. Diana asked that members review the information and make changes or additions to their individual information to keep the contact information up to date.

Andrew Cerullo, Director of Chartwells shared with the group that Chartwells has applied for three grants from New England Dairy Counsel. He has applied for funding for Hugh Cole, Kickemuit Middle and Mt. Hope High Schools. The total amount applied for is \$8,000.

He informed the group the breakfast sales are up 74% at Mt. Hope; 42% at KMS and 14% at Hugh Cole. Andrew will know by December 15th of the funding will be awarded.

Working Strategy for the Committee

Diana's working strategy for the Wellness Committee is to meet for the first 10-15 minutes to update each other on new information, announcements, etc. Then the committee will split up into subgroups and discuss specific issues within the subgroups. Finally, the groups will come back together for the last 10-15 minutes to share highlights and/or goals from their subgroups.

Subgroups are also asked to submit written reports, if available, prior to meetings for review by members and then to discuss highlights at the meeting. Diana believes that working meetings will be beneficial for all members.

Committee's Areas of Interest

- Parent communication and education
- Nutrition and meals
- Staff wellness and education
- Enhanced physical education and activity
- District-wide Wellness Fair
- Childhood obesity

Marilyn Wieman asked if building wellness could be a discussion item. Issues such as building temperatures, cleaning chemical, etc. which exacerbate conditions like asthma are important. Guy Murgo brought up the issue of substance abuse prevention, stress management for students and staff and mental health issues, such as depression, grief, loss, etc. TJ shared with the group that on December 12th physical education teachers from Mt. Hope will participate in substance abuse prevention and training arranged by the Bristol Substance Abuse Task Force. It was mentioned that the Task Force could be invited to a future meeting to facilitate communication and collaborations between the Task Force and the Committee.

Wellness Committee website

Kirsten has worked diligently on the Committee's website. It is located on the district webpage with a link under subcommittees. Information such as the Committee's mission statement, members' names, current wellness policy, upcoming meetings and meeting minutes, new guidelines can be found on the site, as well as links to agencies like the Dept of Health and Chartwells.

Members then broke into subgroups, held discussions and regrouped as a whole to discuss the following:

Parent Communication and Education – Diana Campbell, Guy Murgo and Carole Toselli

This subgroup set the following goals:

- Inform parents about the Wellness Committee website
- Brainstorm ideas to expand the website
- Write regular articles in the principals' newsletters; the first will be to inform parents about the committee's website
- Hold a district-wide PTO meeting with Dr. Fox as the guest speaker to educate parents about wellness issues and the Wellness Committee's purpose and goals
- Brainstorm to come up with a good catch phrase, slogan

Nutrition and Meals- Andrew Cerullo, Nancy Roberts, Dr. Brelsin, and Marilyn Wieman
Members of this subgroup discussed the following:

- Whole Foods Market initiative at Hope High school and suggested this could be part of the consumer science dept. area
- Developing a positive approach to deal with the obesity epidemic, i.e. Jarrod and Subway. In other words, to come up with a positive incentive for healthy eating habits. Andrew concurred with TJ there needs to be a cultural change. He mentioned the health snack attack initiative at the elementary level. On November 19th Chartwells will sponsor harvest festival which will feature locally grown produce such as butternut squash, potatoes and apples.

Andrew commented how the culture is slowly changing for the better. Recently, he was involved in an advisory activity where students positively commented on the red bliss potato salad and tomato and spinach salad where in the past comments like, ‘where are the fries?’ were more frequent.

Staff Wellness and Education – Kirsten DiChiappari, Laurel Thayer, and Joanne Dahmer
The group discussed assessing issues of staff wellness and education before deciding which direction to lead. This assessment can be done by a health and wellness staff survey to see where the biggest areas of concerns are and then move ahead to address those areas. It was agreed more research needs to be done and will be worked through before the next committee meeting.

Physical Education and Activity – Dr. Mara, TJ DelSanto and Bobbi Jarvis

- Adding more physical activity before and after the school day was discussed and this directive for more activity is believed to be more effective if given from the School Committee and Administration
- Allowing schools to implement more activities during the day by allowing more flexibility within their own buildings
- Making tools available which offer suggestions and guidelines for activities; one tool is available is a booklet called the ABC-Active Breaks in the Classroom

TJ said that almost 50 kids come before school begins to play basketball or soccer, between 7:15 a.m. until homeroom. Could a bag breakfast be made available for them? Andrew said it would be possible. His staff is there at 6:30 a.m. and he will discuss it with them.

Diana wanting to end the meeting at a reasonable time, scheduled the next meeting for Thursday, December 4, 2008 at 4:30 pm in M108 at Mt. Hope High School and adjourned the meeting at 5:50 PM.

Respectfully submitted,

Juliann Tanguay