

## **LINCOLN PUBLIC SCHOOL DEPARTMENT**

HEALTH AND WELLNESS COMMITTEE

Thursday, June 4, 2009

8:00 AM

Lincoln High School

Attendees: Melinda Smith, Mary Anne Mignacca, Jan Boucher, Rita Kinniburgh, Karen Zangari, Roberta Ryan, Kim Drapala, Nicole Hallam, Rhonda Sexton, Andrew Viveiros, Carole Toselli, Mary Anne Roll

### **Meeting Notes**

#### **Business:**

Annual Program Review: Mary Anne Roll

Principals are given annual checklists regarding 3 areas in their schools: nutrition, physical activity and staff wellness. Usually "good" feedback is reported, as is "needs improvement" feedback, but more info is needed on other areas that might need to be addressed.

Discussion was held on the student practice at the high school of bringing birthday cakes to school and carrying them through hallways to classrooms. As this is a student-driven activity, it was agreed that having the students involved in the decision-making process is vital. Ideas included stressing food safety issues and kindness toward other students, rather than just the nutrition issue.

Other suggestions included: have the advisories involved; help the advisories come up with non-food birthday celebration ideas; and have this addressed at the very beginning of the school year.

It was suggested that the availability of high-calorie, high-fat, and sugary foods is a school improvement issue in all schools. These foods are offered at afterschool and evening events, often without balancing with more nutritious offerings like fruits and vegetables.

Concern was also expressed with the reward system for PBIS and the need to monitor how often high-calorie, high-sugar foods are being offered.

#### **Subcommittee Reports**

School Lunch and Nutrition: Andrew Viveiros

Meeting was held to discuss food service program and various issues:

- possible change of lunch time at high school – back 45 minutes
- possible price increase for lunch of 25 cents – from \$1.75 to \$2.00
- impact of RINR (RI Nutrition Requirements) on decreasing student participation in purchasing meals

RINR impact seen throughout elementary and high schools, with the middle school not affected as greatly.

Andrew has been meeting with Principal McNamara at the H.S., as well as with the school improvement team (SIT).

Discussion ensued, with Mary Anne Roll expressing concern about a second lunch price increase in three years and the need to show how the increase in price can help improve both the lunch offerings and student participation. Melinda Smith suggested looking at changes in the lunch program from the students' point of view, beginning with visible changes at the beginning of the school year. Also noted during the discussion: Health and wellness committees are responsible for monitoring the school meal programs, not RINR.

## **Title I Family Night Update:** Melinda Smith

Northern Elementary School and Northern Early Learning Center (NELC) held a Math Night on May 20. While the children participated in a special program, emphasizing math, their parents attended a nutrition program presented by Kids First with Carole Toselli and Sandra Sepe. There was positive feedback from the parents.

Carole Toselli from Kids First also presented a nutrition program May 14 on re-thinking fundraisers for PTA/PTO boards at the Middle School.

Kids First have resources for parents, PTOs and principals. Melinda Smith sends ideas from Kids First to the Principals; she plans to also send them to the school nurses, PE teachers, and PTO leaders. One idea involves a pilot program at an elementary school in Newport, where parents participate at lunch by hosting tables.

Eventual goal: these resources can be accessed through the Lincoln Public Schools website.

Other school updates:

Jan Boucher from Lonsdale reported that she is organizing a Community Health Fair to be held at the high school with a tentative date of November 7. The fair would be held in the morning; she is working on having the BCBSRI community wellness van attend. There may also be a blood drive at the health fair.

Rhonda Sexton from the High School is organizing a vaccination program for October 24, from 9-12 noon.

Plans for the fall District Walk are underway. There was positive feedback in general from last year's walk. Some suggestions included having the younger children walk in the morning when the high school volunteers can help them, and to have the middle school participate.

## **K- 5 Summer Survival Update**

Nicole Hallam and Rita Kinniburgh brought 1<sup>st</sup> graders from NELC to Central to walk the Environmental Trail and to introduce all the 1<sup>st</sup> graders to Central Elementary. Summer safety, tick awareness, sunscreen skin care, and "I Spy" game identifying different bugs brought together science, physical activity and safety lessons. The principal, nurse, and librarian from Central addressed the children.

Central Elementary is also addressing summer safety in all PE classes the first week of June.

Northern Elementary is having their students participate in the "Rainforest" theme activities coordinated by Deborah Reddy.

Lonsdale Elementary had the students make first aid kits, coordinated by Jan Boucher and Nicole Hallam. The students are also making "salad heads" using vegetables.

Through the East Bay Collaborative, fourth graders went on a trip on the Aurora.

On June 17<sup>th</sup>, Aramark is having a strawberry promotion day.

Meeting Adjourned at 9:00 AM.

Next meeting scheduled for Thursday, September 24.

Minutes: Respectfully submitted by, Karen Zangari