

Portsmouth Health and Wellness Minutes: Monday, October 5, 2009

1. **Welcome: CBJ** welcomed the committee members. Present at the meeting listed in no particular order were: Pamela Storme, Lesly Choinski, Jean Lehane, Angela Volpicelli, Martha Costa, Karin Wetherill, Nancy Roberts, Linda Benedetti, Judy Hestnes, and Colleen Jermain. CBJ reported out that Kathy Arent and Nan Souza would not be able to make this evening's meeting. Michelle McGaw will have a conflicting meeting time this year and will be stepping down for this year. We thank Michelle for her time and contributions. Hopefully Michelle will be able to join us next year. The group is seeking parent representation from PHS, Melville, Hathaway, and PMS. CBJ will let the principals know at their next meeting. She will also ask the schools to seek out through their list serv/other system to find a representative.
2. **Establish Norms and review the calendar dates** established at our last meeting: The group reviewed the norms. Norms are: Start at 6pm and end at 7pm. Agendas will be sent out in advance- along with the minutes from the previous meeting. Members may send agenda items one week before the next meeting. Everyone participates and we support each other whenever possible. The group agreed to the following meeting dates going forward.

All are on Mondays at the Administration Building. Start time 6pm.-7pm.

- December 7
 - March 1
 - May 3 (Will need to have our SC report and draft ready)
3. **Minutes from May: Minutes** from the May meeting were accepted – along with the long list of accomplishments from our previous year. The group congratulated each other on all the positive gains in getting healthy eating habits and more activity into our school days and at home-especially with the elementary calendars and healthy activity charts that are sent home. The group **agreed that CBJ would work with Rose Muller- IT and Cathy Nash to post our minutes on a PSD H & W website.** Schools would also be able to post activities and events there as well. The group also agreed to allow the minutes from our meetings to be posted on the Kids First website. Karin will handle that. Karin reminded the group that this is a great resource for other ideas on how to promote health and wellness programs for the schools.
 4. Updates/follow-ups on:

- a. **Meeting with PTOs about HW resources and options for fundraising other than food (Group)**- The group had a long discussion on this and decided the best way to approach this was to work as a team and first bring this message to the school committee on how there are other ways- besides cookie dough fundraisers- to raise money for schools. The group asked CBJ to set up a brief presentation **at the next SC meeting-** which will be **on Tuesday, October 13. Karin agreed to a 20-30 minute “quick” overall presentation that highlights** different positive and healthy ways to fundraise for schools. The group agreed that if we could get more activity fundraisers such as \$5 fee to play dodgeball/basketball etc. for 2 hours at a school during non school hours/ create tee shirts with art teachers and sell/walking/running- jump roping events with sponsors, air guitar nights and so on. Pam then shared with the group that her **Melville students will be going for a world record on November 12 doing a speed stacking activity-** just to share another idea. **AFTER** the SC presentation members of the team will then approach their PTOs to set up a date for Karin’s group to meet with the PTOs. Next steps will be determined via email.
- b. **Should members meet with building principals to discuss ways to change culture/habits on bringing so many desserts/cakes/etc to school for student birthdays?** Topic was on how to celebrate with more recess time to avoid the many/multiple foods that sometimes come in..and possible allergies / etc. The group very briefly discussed spreading this message to building principals, PTOs, and teachers. The group was wondering at the elementary level if other activities or suggestions could be made and implemented regarding birthday celebrations- cupcakes, cake, etc- teachers and parents on the team have mentioned that sometimes so much comes in and disrupts classroom time, allergy concerns, and puts pressure on some families “to keep up with the Jones” and send in fancy treats. IF principals could have an extra 10 minutes of recess a month/ announce the birthday celebrants in lieu of food-read a special announcement and read names- or allow the students to share a favorite activity over the intercom- or have a special healthy lunch with the principal during the week of his/her birthday or monthly these little changes could help change some of the culture. Group agreed to discuss and work on this in their buildings. They also stated they wanted teachers to also help with not using food as a reward.

- c. **Angry Moms project for early November** (Jeannette) Jeannette was not present but Judy will take this over. Judy has already ordered the DVD. CBJ will get **PMS for Thursday November 5 at 6PM**. This documentary is really powerful and focuses on school lunches and the importance of taking action and getting involved. It also shows the restrictions the food service providers are under and the challenges they meet while trying to work with schools and communities. Advertising will be done on listservs- announcements at the SC meeting, and we will see if posters can be put up around town at Clements and other public buildings. Admission is free. Judy will try to get some local farmers to set up some tables to share more resources and information. The group will discuss via email during October. Judy will send CBJ the DVD as soon as she gets it.
- d. **SC presentation to grade eight students** (Kathy) (Kathy was not present but Lesly who coordinated this event with Kathy will relay all information.) At the **next SC meeting- October 13 at 7 pm**. The grade eight students that Kathy and Lesly brought to the annual Healthy Kids breakfast will receive citations for their leadership in health and wellness. The students will also be asked to present the skit for the SC. CBJ mentioned if the students would like to continue their ambassador role to promote good eating habits and the importance of activity and healthy eating- CBJ will try to find a way to allow the students to take the “show on the road” to the elementary students. Kathy and Lesly will contact the families for the SC meeting and will let CBJ know if the students want to go to the elementary schools. CBJ will request it be an **early agenda item on Tuesday**.
- e. **Focus groups at PMS and PHS (Linda/Nancy)** Both Linda and Nancy from Chartwells are **working with PMS and PHS to set up foci groups to speak to students that participate in the lunch program at their schools and those that do not**. They will interview students on what is working/what not and they will continue their “sampler previews” so they can field market possible new selections to help enhance the selections they already offer. Now that the regulations require one hundred percent whole wheat, they are having some challenges with mostly the younger students- elementary students- to eat the darker breads. They will continue working on this.
- f. **Farm to School-Chartwells** (Linda/Nancy) Nancy and Linda actually went to the farms last spring and met with the farmers to see if they could plant the foods they wanted for this fall. The farmers were able to assist and soon the

harvest will be happening. Karin will help assist with special projects if needed.

- g. Website assistance (Group/cbj) CBJ will work with Rose Muller and Cathy Nash to get a H & W website established. Minutes and links will be put on the website so that the Portsmouth school community can access resources and links such as RI School Food Service RINR EZ sheet and Chartwells e bites newsletter.
5. **Other:** The group celebrated **Hathaway School's big success** of being promoted by Healthy Kids on their website. Hathaway School has been celebrated as an example of great activities and community spirit in the areas of health and activities. Congratulations Hathaway School!
6. Next meeting is Monday December 7 at 6pm at the PSD Administration Bldg.

MARK YOUR CALENDAR FOR THE FILM

TWO ANGRY MOMS PMS November 5, 2009

6-7:15 PM

ADMISSION: FREE!!! SEE HOW YOU CAN MAKE A CHANGE IN THE HEALTH AND WELLNESS OF YOUR SCHOOL PROGRAMS!!

Respectfully submitted: CBJ 10-9-09