



NEWPORT PUBLIC SCHOOLS

**NEWPORT PUBLIC SCHOOLS
WELLNESS SUBCOMMITTEE**

Minutes from September 30, 2009

1. OPENING

Ms. Bolan called the meeting to order.

2. INTRODUCTION & UPDATES

Ms. Bolan convened the meeting asking members to take a name tag.

This meeting is our annual meeting and a celebration of Newport Schools receiving the RI Healthy Schools Coalition award for the District of the Year 2009. Mrs. Bolan reviewed the enormous progress that has been made since the Wellness Committee was formed.

3. OLD BUSINESS

A. Review of Minutes from Last Meeting

Under section B. Update from Muni Blue – change word “grant” to “award”

Under section C. Food Service Update – remove “RHS”

Add name to attendee list – Joan Simmons Master Gardener, was in attendance

After changes were made minutes were accepted.

B. UPDATE from MUNIBLUE

Amy Chandler reported that Wellness stop bys will take place at all the school this year. A successful Stress Management workshop was held at TMS. Workshops on other health topics available.

C. UPDATE From the CITY of NEWPORT

Susan Cooper reported on the Tufts University Leadership Institute workshop on Obesity that she attended this summer along with Judy Smith and Amy Donnelly Roche. Susan was happy to report that through attending this workshop they realized that we already are ahead of many other communities. Even so, there are initiatives that we can pursue. One of these is applying for grant money that will be available if Bill H.R.3144 “Healthy Communities Act of 2009” becomes law.

D. Food Service Update

Solange Morissette talked of all the initiatives going on in the schools promoting good nutrition. (School gardens; Recess before lunch; Farm to School; Serve instead of offer)

She showed a video clip of Channel 10 visiting Rogers High School Cafeteria on the day of our Healthy Schools award.

E. The Food Connection

The *Food Connection* flyer was updated for the summer and is being updated again. She reports that MLK has noticed an increased number of families taking children to their free breakfast.

4. NEW BUSINESS

A. Kids First of RI

Sandy Sepe reported that Newport has ben awarded a Team Nutrition Grant to help with Nutrition Education.

B. Work Groups

Garden Workgroup

Ms Quigley-Harris reports that this committee numbers twenty members. Some members are Master Gardeners some are parents. School gardens are expanding and each school will have between 6-8 members on their team. The “Children’s garden Network” will work with the teams.

Nutrition Workgroup Kerry Clougher reports a work in progress for her group. They are still trying to increase awareness of staff and parents about healthy snacks. Her group is trying to get “Table Hosting” in all four elementary schools.

Physical Activity Peter Milinazzo reported with a hand out that his group is setting very high goals for increasing time for physical activity in schools but is aware of time constrictions and logistics.

Public Outreach Sandra Flowers reported that her groups focus is to increase the number of students signing up for free and reduced hot lunch. We need to make sure that we observe student privacy.