

Health and Wellness Minutes DRAFT

Monday, December 7, 2009

6PM Administration Building

1. Call to Order: CBJ opened the meeting at 6:02pm. Present at the meeting listed in no particular order: Karin Wetherill, Angela Volpicelli, Martha Costa, Nancy Souza, Kathy Arent, Lesly Choinski, Nancy Roberts, Linda Benedetti, Terri Cortvriend, and Colleen Jermain (Updates from Jean Lehane and Pam Storme were sent.)
2. Minutes: Minutes from October 5 meeting: The group accepted the minutes from October 5.
3. Updates/follow-ups:
 - a. **Meeting with PTOs about HW resources and options for fundraising other than food (Group)**: Elmhurst (Jean Lehane) and Melville (Pam Storme) are setting up meetings. Martha Costa will meet with Hathaway, PHS, and PMS. (Thank you Jean, Pam, and Martha!)
 - b. **Should members meet with building principals? Share feedback from buildings on how to celebrate with more recess time/birthday parties/ etc.:** Colleen will discuss this with the building leaders at a district meeting. She will also alert them to the RINR and the heads up about bake sales and food safety. School building representatives will also discuss with the building principals and share out concerns about food safety and setting up another practice to celebrate students- i.e. wearing crowns all day, wearing a special hat, having ten more minutes of activity/recess. The group wondered if they should move forward on a new policy. But after further discussion they felt that principals and HW members should reach out to parents/families on this item first. We need to educate everyone on the why HW

thinks this is such an important issue and respect the community/school/principal input. The group also wondered if they could expand some of the lunch time initiatives for students such as the taste tasting's and special lunches with the administrators/teachers. Everyone will share with their buildings these ideas.

- c. **PMS students take their “show on the road” to elementary schools:** Kathy Arent, Nan Souza, and Lesly Choinski will coordinate with the elementary schools and set up a schedule for the month of March- Food Nutrition Month- to bring the PMS students to other schools to promote healthy eating and whole grain foods. They will coordinate with building principals and Colleen.
- d. **Angry Moms debrief** (Jeannette was absent so the team took the notes and update from Jean Lehane) Jean shared with the group the attendance was low. The weather and H1N1 really had an impact. Members of the Chartwells Food Services attended as well. Jean had a great conversation with Mr. Amaral and the Chartwells staff on the movie. Nancy felt that the film did not depict RI well. RI is well ahead of the school districts cited in the film and thought for future showings our group may want to seek out other films/movies such as the Kids First film that was shown at Healthy Breakfast this past year. Colleen mentioned she thought the film did highlight the challenges and the roadblocks the food services come up against when dealing with the FDA and the commodities. The group decided if it decides to hold another forum, the group will try to get other perspectives and perhaps a panel.
- e. **Focus groups at PMS and PHS (Linda/Nancy)** Linda and Nancy have already met with PMS students. PMS students overall are happy but do have a concern about the disposable trays. Over 300 trays a day – 1500 a week- 6000 trays a month are being thrown away because PMS does not have a dishwasher and trays. Nancy

explained this cost money- 20-30K. The group wanted to discuss further in March. Nancy and Linda will set up a schedule with Martha and Mr. Littlefield at PHS for the near future.

- f. **Farm to School-Chartwells** (Linda/Nancy) This initiative is going very well and is very successful. There was a Harvest Buffet at two our schools and at Melville the grade one parents were invited as well. Local produce included squash, potatoes, and apples. The chef was in full dress and there was a formal setup with place settings. Schools and the community members- as well as students are very excited about this initiative. This will continue to expand and grow as much as possible. Nancy and Linda will keep the group updated.
- g. **Website assistance** : The website is ready to be launched. It has committee members, agendas, minutes, and newsletters posted. Colleen requested additional links to post on the site. Colleen thanked Cathy Nash for all her hard work and for assisting the group with this project. Our minutes will also be posted on the RI Healthy Kids website as well.

- 4. **Other:** Jean Lehane will work with Mr. Ettinger to survey the teachers and parents on HW initiatives. Karyn offered survey review services once the survey is completed or if the Elmhurst group needs assistance. Other members wondered if Jean could share the survey and then they could use the survey at their schools as well. Pam Storme will be attending two national conferences for physical education and health and wellness. Pam is a state officer in the physical educator's association. The organization will support Pam with resources to attend these events. The group is very excited to hear about the new information and national initiative supports/resources that she will be able to bring back to our district. Pam's speed stacking event was a big success! Students were on the front page of the Daily News the next day. Congratulations to Pam and Melville! The district just went through the five year audit. All went well. Congratulations Chartwells!

- 5. **Next meeting** is Monday, March 1, 2010 at 6 pm

CBJ December 8, 2009