

Lincoln Public Schools  
Health and Wellness Committee  
January 23, 2019

Minutes

1. The meeting was called to order at 8:05 AM and introductions were made.
2. Work Group Reports

Health/PE Curriculum Review/Revision: James Williamson provided an update on the work he is leading related to the review and revision of the K-12 Health/PE Curriculum. He reported that he has had initial discussions with teachers at LMS and LHS and would include elementary teachers as well, to assess the current status of both curricula, to identify key concerns of those responsible for instruction and develop an inclusive process going forward. At this time, the Health Curriculum will be the focus of the work. James emphasized that the curriculum needs to be standards based, guided by the RI Health Education Framework, flexible and adaptable, able to be assessed and accessible. Comments from members of the committee focused on the challenge of the current schedule at the High School, class size and students assigned to Health from across grade levels.

Mental Health: Allynn Grantham distributed copies of a draft Mental Health Policy for the committee's comment/input. The goal is to have a proposed policy forwarded to the School Committee Policy Subcommittee for their review in the Spring so that a policy could be ready for consideration by the full School Committee no later than June, 2019. Allynn also reported that a number of staff would participate in Mental Health First Aid training during the February Professional Development day.

School Nutrition Program: Danielle Landry from Chartwells gave a brief report on the status of the Alternative Breakfast program (Grab and Go) at Northern Lincoln Elementary. Members of the committee noted that these menu items and the quality of the items at lunch were well received by students and staff. A number of suggestions were made to improve communication to students about the Breakfast and Lunch program, including having visual information about the day's menu items at LMS and LHS via a TV screen outside the cafeteria. Nutrition information could be included that might be of interest to students with specific nutritional needs. Danielle mentioned that the Nutri-Slice App could also be used more effectively.

Karin Wetherill from the RI Healthy Schools Coalition gave brief descriptions of the Smarter Lunch Room Program and Food Ambassador Program that might be a valuable tools to consider in the future.

- 3, The next meeting of the Wellness Committee will be held March 20, 2019 at LMS

The meeting adjourned at 8:55.