

**LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE
OCTOBER 17, 2019
MINUTES**

The meeting was called to order at 8:00 AM and introductions were made.

Mary Anne Roll reported that the 2019 Wellness Policy Report will be presented to the School Committee on October 21st as required by regulation. This year's report focuses on the efforts of the Health and PE Curriculum and Mental Health Workgroups. Mrs. Roll also briefly reviewed the highlights from the individual School Checklists submitted by the Principals in June 2019 for evaluating the implementation of the District's Wellness Policy at the school level. These checklists may provide a focus for the work of the District Wellness Committee during the coming year.

James Williamson reported that the Health and PE Curriculum work that began at LMS will continue this year. Mr. McNamara reported that the district has hired two consultants to assist in coordinating the review of the K-12 Health & PE curricula to ensure alignment with current standards and provide for consistency at the elementary schools and better transitions from Elementary to Middle to High School.

Dr. Chan asked about the sources of data available to the district in determining content and strategies for Health Education as well as providing direction to the development of policy. Mrs. Roll noted that the Survey Works may provide district and school data based on responses from teachers, students and parents/guardians. The CDC's YRBS and the RI Behavioral Health Surveys contain state data that may provide some additional direction. Karin Wetherill suggested that data from RI Kids Count may be useful and Dr. Chan suggested that there may also be other sources of data available through the RI Health Dept. Teachers present noted that due to the growing health concerns related to vaping they will be addressing this issue in all health classes.

Mrs. Roll updated the Wellness Committee on the results of the Alternative Breakfast pilot at Northern Lincoln during the 2018-19 school year. While Northern has returned to the traditional breakfast model this year, there is sufficient data to suggest that the District should continue to consider alternative breakfast programs to boost participation and ensure that students are ready to learn at the beginning of the school day.

Mrs. Roll noted that communications with families continues to be challenge. Mr. McNamara reported that the district is looking to a more effective use of Skyward by all schools is one way to use existing tools more effectively.

The next meeting of the District Wellness Committee is scheduled for December 12th.