

LINCOLN PUBLIC SCHOOLS
HEALTH AND WELLNESS COMMITTEE
MARCH 20, 2019
MINUTES

I. The meeting was called to order at 8:00 AM.

II. Work Group Reports

Mr. Williamson provided an update on the revision to the K-12 Health Curriculum. Teachers have met to identify key concepts and content from the Health Education Framework. The goal is to ensure that there is consistency at grade level from school to school at the elementary level and that students' knowledge and skills progress at the Middle School and High School. Mr. Williams indicated that teachers will have a document to work with for the 2019-2020 school year.

III. Ms. Grantham reported on the Mental Health First Aid Training. Twenty-five staff members were trained during the District Professional Development day in February. Allynn indicated that she is looking for a way to develop a Train-the-Trainer model so that, over time, all staff could receive training.

Allynn also reviewed the final draft of the District Mental Health Policy. The preliminary document was circulated among all Wellness Committee members for comment following the January meeting. The draft incorporates those suggestions. Mrs. Roll noted that this policy would be a good companion to the District Wellness Policy that focuses on Nutrition, Physical and Health Education and Staff Wellness. The Committee agreed to forward the draft Mental Health Policy to the School Committee's Policy Subcommittee with a recommendation that it be forwarded to the Lincoln School Committee for a First Reading.

IV. Mrs. Roll and Mr. Ciminello provided an update on the Grab and Go Alternative Breakfast model in place this year at Northern Lincoln Elementary. Breakfast participation is up significantly overall but especially among those students eligible for Free/Reduced Lunch. A number of concerns among teachers persist, especially with regard to the loss of instructional time at the beginning of the day. On the positive side, Mrs. Sexton, the School Nurse, has noticed a significant reduction in visits to her office in the morning by students who had complaints associated with hunger. The school's Wellness Team will survey staff and parents for a second round of feedback. Mr. Ciminello and Mr. Sposato will continue to look for ways to address time concerns.

V. Mrs. Roll provided the Committee with a copy of the brochure that is distributed to staff & families at the beginning of each school year. It needs to be "freshened." This same brochure has been used to develop an online survey that has been used to evaluate compliance with the Wellness Policy at the district and school level. It has also been used with students and families. Every three years, a much more detailed questionnaire has

given to Principals to complete. Mrs. Roll suggested that the simpler survey would be used this year with a more rigorous evaluation in the Spring of 2020. She will work with IT to provide access to the survey prior to the May 29th meeting.

- VI. Cheryl (Dietitian from Chartwells) reported that the RIDE Audit of the Food Service has been scheduled. Mrs. Roll noted that the audit includes a review of the District Wellness Policy and evidence of the District's efforts to support its implementation. Ms. Wetherill offered to use the latest WellSat tool to make sure that our policy is up to date. This would not need to happen prior to the RIDE Audit but would be useful to the Committee in updating the policy. Mrs. Roll suggested that the WellSat results would be added to the agenda for the May 29th meeting.

The meeting adjourned at 9:00 AM.

Next meeting: Wednesday, May 29, 2019