

Lincoln Public Schools
Health and Wellness Committee
Minutes
November 30,2017

Meeting began at 8:00 am

Welcome and Introductions were given. This is the 2nd meeting of the year.

Erin Shoemaker and Marie spoke on behalf of Aramark. Erin is new this year as the Director of Food Service in Lincoln. He would like to bring new nutritional items to the table. He would like to continue with Table Hosting in the elementary schools. Pictures were sent to RIDE of past Table Hosting as submission for amazing things happening in the district.

2016-2017 Wellness Checklist Summary report –Our status is compliant Mrs. Roll would like it to get beyond “Good enough”. We discuss Principal’s comments and things to improve on. She was happy to see various articles in the Lion’s Roar newspaper on Health and Wellness. Saylesville Principal Reza would like to see

- more winter-indoor activities created.
- Quality of snacks in after school program improve
- Maryann will discuss with issue with the YMCA
- Fundraising choice that are not food.
- Meet standards—one hour before school and one hour after school.
- Work with parent groups, coaches etc involved
- Try to raise money with fundraisers involving activities with exercise/movement –a good example is the Northern Walk.

Karin Wetherill from the Coalition brought up a MOVATHON /Dancing - limit food sales.

Principal Ciminello from Northern spoke about after school Title One snacks –students do not like the taste of some of the healthy snacks

Caroline Frey mentioned delivery issues for fresh produce and milk. District will connect with Aramark to have better choices and more availability. Children need an afternoon snack.

A Tasting Model was suggested and Aramark could provide samples of fruits and vegetables.

We would like to increase opportunities/ knowledge for staff wellness and provide additional support.

Jim Frost-Physical Education Department Head suggested insurance plans to include health incentives in our contract. It would be highly motivating. We should have a conversation with Blue Cross Blue Shield. It would be great if staff could use their benefits card for things like the gym etc.

Principal Stein from Lonsdale Elementary School brought up ideas like Zumba that they have at their school. We discussed Yoga and meditation sessions as well. She said that in the elementary

schools there is limited space for exercise. Limited times for use of multipurpose room. There is a demand for spaces. Mrs. Roll suggested to do the best we can with what we have.

Mrs. Bedrossian mentioned after school activities that we have done in the past like walking groups and weight room sessions but they didn't pan out due to various reasons, maybe once the school is renovated it will be better.

Karin suggested the free yoga program they have in Pawtucket, Cranston and Johnston --SHRI Yoga. She will send us the flyer.

We reviewed the K-5 PE and Health Curriculum. We referred to the Lion's roar article—Do we have enough time for PE/Health combined? We do not have Health teachers, we have PE teachers who are health certified. Students need knowledge of proper health. There is a decrease of knowledge of health information in elementary schools. It needs to be updated. High School is updated. Caroline suggested Rubicon Atlas.

It is suggested that we look at examples of other school districts throughout Rhode Island for students and staff.

Lincoln High School Principal McNamara, stated that the General Assembly is always coming up with decisions that we have to include and follow through with our time span.

Mrs. Roll suggested checking with the RIDE about a grant to get money. Can we get the money to support integration of health/PE? We are teaching other things throughout our day in addition to English and math. This is our health and it is important.

Mr. Frost will create a google form for K-HS to see what each level teaches, including the nurses in the discussion so everything is covered and not repeated.

It is suggested that we have a specific PD for Health/PE—More CPR training

There are so many regulations that we have to follow and complete. The problem is trying to incorporate it in a full curriculum that we have to get through already.

We will see what we can do and make adjustments.

Coordinate better K-12 curriculum and monitor it. We need to think outside of the box.

WE ARE COMPLIANT

All districts do different things-investigate.

October 9, 2018 is the next Coalition Breakfast

Next meeting is Feb 7, 2018

Caroline will report on shaping curriculum

Jim Frost will report on his finding of each level

Mary Anne will report on any funding