

Lincoln Public Schools  
Health and Wellness Committee  
February 7, 2018  
Minutes

Mary Anne Roll opened the meeting at 8 AM and introductions were made.

Erin Shoemaker, Aramark Food Service Manager, reported that the Burrito Bar at LHS has been introduced with very positive feedback from students. A new yogurt based snack has also been introduced. The first table hosting of the school year was held at Lonsdale and went very well with good support from parent volunteers. Erin will continue to work with elementary principals to schedule additional tastings before the end of the school year.

Superintendent Fortunato reported on the SCREENAGERS presentation at LHS on January 22nd. The event was very well attended with many parents coming with their children. The film was also shown to students at the high school. She hopes that the conversation will continue at the district, school and within families. Mary Anne suggested that the district website include a place where wellness related resources can be posted.

Jim Frost reported on a survey he has developed to gather information about how high schools across Rhode Island schedule PE and Health classes. He will report on the results at the next meeting of the Wellness Committee.

The members of the committee discussed the need to review both the PE and Health Curricula, K-12. There are growing pressures, especially at the secondary level, to address more and more health topics within the confines of the schedule. Dr. Frey indicated that Rubicon is the district's tool for facilitating curriculum review and revisions. She will work with the PE/Health teachers to get started on a K-12 review using resources that are currently available.

Mary Anne indicated that RIDE is currently applying for a five-year grant from the CDC that would provide resources at the state level to address PE and Health education as part of the Whole Child model. RIDE is looking for letters of interest and support from 10 districts. These districts would be part of a state-wide leadership team that would work closely with RIDE to address curriculum concerns along with a number of others. The fact that the School Committee did not support the district's participation in the Youth Risk Behavior Survey would make it difficult for Lincoln to participate in this leadership team. However, all school districts in the state would ultimately benefit from the work. Karin Wetherill from the RI Healthy Schools Coalition emphasized that the CDC grant is very competitive and that there is no assurance that RIDE's application would be approved. She also noted that Lincoln's concerns about curriculum work as well as the need for specialized professional development for PE/Health educators is a state-wide concern.

Karin also provided information about funding from BCBS RI for specialized PD to support increased physical activity in the elementary schools. She will send information to Dr. Frey so that it can be shared with interested staff and principals. There is also a grant opportunity available to RI school districts interested in expanding participation in school breakfast. The grant is through Action for Healthy Kids. There is a webinar on February 20th. Mr. Ciminello indicated that he would participate in the webinar. Georgia indicated her support for looking at an opportunity to pilot a different way of providing breakfast at school.

Student reports included an update from Cameron Deutsch on the efforts at the state level to move to later start times at RI high schools. The students were also asked for feedback about

the effect of guidelines for homework at LHS that were included in the 2017-18 Student Handbook. They noted that assignments for the week were helpful allowing students to plan ahead. The efforts on the part of teachers to be more aware of assignments by others is also appreciated. All three students recognized that some stress related to homework is inevitable.

Mary Anne expressed her hope that staff, parents and students would participate in this year's Survey Works. The data collected through this RIDE sponsored survey is helpful only if it is used. Its usefulness increases as the validity of data increases. Lincoln's data from last year's Survey Works was limited to some degree by the low rate of participation.

The meeting adjourned at 9:00 a.m.