

BARRINGTON SCHOOL COMMITTEE
School Committee Room
283 County Road, Barrington, Rhode Island 02806
HEALTH AND WELLNESS COMMITTEE MEETING

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Minutes of Health and Wellness Committee Meeting 10.10.2018

Present:

School Committee: John Alessandro
Administration: Dr. Paula Dillon
Educators: Erica Bulk, Corey Downing, Denise Flores
Parents: Melissa Coen and Dr. Michael Elliott
Community Partners Representatives: Kimberly Orr and Nancy Roberts, Chartwells
Karin Wetherill, Rhode Island Healthy Schools Coalition
Guests: Jordyn Hager, PTO Representative and Alexandra Fiore, The Trust
Absent: Denise Alves, Michael Blundin, Joanne Royley, Anil Shukla, Jordan Sullivan, Patricia Tolento, Tracey Whitehead

The meeting was called to order at 8:30 a.m.

Mr. Corey Downing led the Pledge of Allegiance.

There were no minutes to be approved.

Mr. John Alessandro led the introductions of the Health and Wellness Committee members.

Review of Health and Wellness Committee Charge - The focus of the Committee is on wellness, preventative care, nutrition, physical exercise, and health and Physical Education curriculum. The Social Emotional Learning Committee will take on many of the social-emotional issues previously tackled by the Committee.

Review of the Health and Wellness Policy -

- Parents appreciate not withholding physical exercise and not using food as a reward.
- Parents questioned if School Start Time would be a part of this committee.
- Karin Wetherill suggests that the Committee receives and reviews updates on school start times.
- Healthy sleep patterns have been added to the health curriculum.
- A parent requested that the Health and Wellness Committee take on conversation and democratic conversations around school start time.
- Use of electronic devices and parent education - technology and the developing brain.
- Promotion of physical activity and updates on the results of the training.
- Parent indicates that some of the issues have budget implications and would prefer to meet monthly.
- Nutrition - Chartwells menu - sugar concerns and financial aspects/incentives to increase sales

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- a. Reviewed the strengths and needs assessments from last year to help guide the goals for this year.
- b. Alexandra Fiore from The Trust reported on staff survey of health and wellness needs. They will be offering classes for staff based on expressed needs. Areas that trended included stress reduction, fitness, nutrition, and sleep management. In addition, they offer self-directed challenges to help staff care about themselves throughout the workday. Paula asked about the opportunity to conduct a joint challenge for students and staff.

2018-2019 Health and Wellness Committee Meeting Dates

- a. John proposed that the committee meets the first Wednesday of the month at the Barrington Middle School Presentation Room for the months of October, November, December, January, April, and May. Each meeting will be on a focused topic and reports will be provided ahead of time in writing. Paula suggested that the committee focused on topics to take deep dives for continuous improvement as was accomplished with health curriculum last year. Corey indicated he would appreciate physical education curriculum.
- b. November Topic - School Lunch - Smarter Lunch Scorecard - Cornell University
 - c. Karin suggests looking at finding what would encourage parents to participate in the program while ensuring healthier choices
 - d. Karin will also reach out to Chartwells to understand a process

Highlights of Committee Reports

All members were emailed reports from Bay Team, Chartwells, and Nurses prior to the meeting.

Karin Wetherhill, Rhode Island Healthy Schools Coalition announced that Playworks is complete at all schools and are engaged in advanced training, and Primrose will engage in training students as coaches.

Old Business

There was no old business.

New Business

- A parent asked Superintendent about School Start Time. Superintendent reported that the recommendations came out of this committee. We are at the point of implementation in terms of budget, transportation, the commitment of the district, and a public relations piece regarding implementation. The Superintendent is optimistic based on the two-tier transportation report. We will begin the study on the two-tier system as a solution to meet the needs of the elementary students while meeting the sleep needs of the secondary students. The research is conclusive. We are now at a discussion for implementation. There is no timeline. A decision-making process will be adopted by the

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school committee on November 2, and we will then have a new School Committee to begin budgeting, planning, and implementation.

- A parent requested the transportation study report which will be the topic of December's meeting.
- Chartwells menu will be a topic of November's meeting.

The meeting adjourned at 9:49 a.m.