

## **HEALTH AND WELLNESS COMMITTEE**

### **AGENDA**

June 6, 2018

8:30 a.m.

#### **Attendees:**

Nayatt Liaisons	Melissa Coen, Tracey Whitehead
Primrose Hill Liaisons	Patricia Tolento
Sowams Liaisons	James Callahan, Denise Flores
HMS Liaisons	Melissa McDonald
BMS Liaisons	Connie Oswald
BHS Liaisons	Joanne Royley
District Liaisons	John Alessandro, Dr. Megan Douglas, Corey Downey, Kristen Matthes
Parents in Attendance	Cynthia Rosengard
Community Partners	Nancy Roberts, Karin Wetherill

#### **Pledge of Allegiance**

All members were emailed full reports from each group prior to the meeting.

#### **Highlights of Committee Reports**

##### **1. Bay Team**

- Request for people to distribute information at the performance this weekend.
- Update on Hands free only.
- Bay Team submitted a report.

##### **2. Chartwells**

- Catering special events throughout the district. Dinner events, cookouts, and special events.
- In the process of planning for the summer.

##### **3. Nurses Report**

- Many initiatives throughout the schools, including those that promoted physical activities. Walk to school, bike to school, classroom movement activities.
- AAA providing K training on bus safety and bike safety.
- Many field trips happening this time of year and they are being supported by the nurses.
- In the process of coordinating for ESY.
- Summer professional development will occur around triage training and mental health interventions.

##### **4. Rhode Island Healthy School Coalition**

- June newsletter went out.

- Oct. 9 is the annual breakfast.
- Having first social fundraiser on June 28 for partners from 5-8pm, tickets are \$40.
- Elementary schools have all had their consultation visits by Playworks.
  - They have been working with the Governor about a proclamation about play and recess.
  - Received great feedback including aspects for improvement as well as strengths.
  - We will continue to focus on our Playworks strategies.
  - Primrose is in year two and students are being trained as leaders and older students are working with younger students on play.
  - We will be sending out a parent newsletter to help them understand that it is still free play recess and the purpose of the initiatives is to ensure all kids are engaged and active in ways that interest and empower them.
- Questions arose about recess at the middle school level.

## 5. Student Assistance

- May 23rd was **kick butts day** and incorporated vaping into the day.
- **Working on student ambassador program** for the new students who are coming in the fall. We have 45 students who are being trained and will work at the orientation coming up.
- **Visited SK Choose Love Program** for their SEL program. They have formed a club similar to Chain Reaction and Rachel's Challenge program. We can probably bring in portions of the program.
- **Health Fair** - The high school held a positive health fair and received great feedback from students and adults. Students had the opportunity to participate in health related activities and experiences.
- **Rachel's Challenge** - Barrington Education Foundation funding an expansion of the program to make it annual and to reach more students. The district will create a plan to continue this expansion in the future. Programs will include opportunities for both students and parents.
- **Yale's Ruler Program (July)** - Training for all schools; focus on emotional intelligence for students and teacher.
- **Lifespan Youth Mental Health Professional Development** (August) for each school.
- **Follow up to the Lynn Lyons Program** in the fall including Mental Health First Aid for parents and National Alliance for Mental Health in the fall

## Old Business

There was no Old Business.

## New Business

### 1. Process for Communication/New Members 2018-2019 School Year

- Follow the school improvement team process for having health and wellness members apply to the liaison.

- Define the number of parent slots based on the size of the school.
- High School and Middle School parent and student and other schools a parent and one faculty rep from each meeting.
- The make-up needs to follow the policy.
- Monthly email reports and then quarterly meetings with a focus.
- Connect back to the cycle of the strategic plan pillars.

2. **Role of Health and Wellness Committee/School Improvement Teams/School Strategic Goals.**

- Create a focus for the year for the committee to work on for the year.

Paula will formalize the discussion and processes for membership and meeting and forward to the committee for feedback prior to the end of the 2018 school year.

The next scheduled Health & Wellness Committee meeting is **September 5, 2018 at 8:30 a.m.** at Barrington Middle School Presentation Room.