

Health and Wellness Committee Meeting  
BMS Presentation Room  
3/06/2019 8:30 a.m.

In attendance were School Committee members Dr. Megan Douglas and Patrick McCrann, Superintendent Mr. Messor, Dr. Paula Dillon, Michael Blundin, Erica Bulk, Corey Downing, Denise Flores, Amy Nunn, Kimberly Orr, Nancy Roberts, Joanne Royley and Anil Shukla.

Meeting was called to order at 8:33 AM.

Dr. Douglas led everyone in the Pledge of Allegiance.

Minutes of January and February meetings were reviewed and approved.

Paula Dillon led a discussion to develop meeting norms. The resulting norms are:

- Focus on opportunities, not obstacles
- Engage in positive communication - Respectful listening and allowing for shared airtime
- Respect others' opinions
- Respect time - focus on productivity, stay on task, and topic providing timely agenda, minutes and information
- Adhere to membership consensus building as the decision-making process
- Act as a representative liaison

The nutrition group reported they were almost ready to report but wanted to meet one more time before making a report. The report will be delivered at the April 3rd meeting.

The entire committee reviewed the Smart Lunch Work Sheet. In order to make it more useful for our district, the following suggestions were made: look at the structural barriers to preparation of fresh items, time for lunch and time to eat, availability of water, general rules and culture of the lunch room (including consistency of rule application regarding throwing away food, talking, other time restraints), possibilities for combination of lunch and curriculum, systemic choices for choice (cards?), ways to increase education of parents, possibility to add minutes to the day.

The lunchroom working group was adjusted to include Kim Orr from Chartwells, Erica Bulk and Patricia Tolento from administration, a student tbd, Karin Wetherill from RIHSC, Patrick McCrann from the School Committee, Parents Amy Nunn and Melissa Coen, and a possible nutritionist not on the committee. Dates for school lunch visits will be set in March.

Corey Downey presented the updates to the P.E. curriculum, including consensus building at each level, a focus on movement over skills (including yoga, core strength, others), communication as a goal across the district, with particular attention to goal setting and planning at the middle school level and fit for life goals at the high school level. He would like to have the P.E. department more involved in discussions about accommodations that reduce P.E. time.

There was no public comment.

The meeting was adjourned at 9:34 AM.