

**Barrington School Committee
Health & Wellness Committee Meeting
October 2, 2019
Barrington Middle School, Professional Development Room**

Present were:

A. Meeting Called to Order at 8:36am

B. Introduction / Welcome

Patrick McCrann, Co-Chair, welcomed the committee back from last school year. He spoke of the importance of the Health and Wellness Committee's work and collaboration and pointed out how some of the recommendations made to the School Committee in 2018-2019 had been implemented for this school year.

Members introduced themselves and what grade/school or group they represented at the meeting.

In discussion of meeting times as impacted by the new school schedule, the group agreed that 8:15 to 9:15 at BMS was the best possible option for all.

C. Guest Presenter Alexandra Fiore from RI Interlocal Risk Management Trust

Alexandra Fiore from RI Interlocal Risk Management Trust presented on the wellness activities being organized and offered to BPS teachers and staff in the 2019-2020 school year. This is a new program held after school with a diverse set of programs designed with the help of Assistant Superintendent Paula Dillon and ranging from teacher-led classes on wellness topics such as meal preparation to a fitness class at CardioGlow. There are even some self-directed options that bring an element of competition and fun. Participation has been low to start, but this is to be expected as the program is new. There are more great opportunities to come including a November Zumba class and a night out on the town in Providence, both of which should have good attendance. This is a benchmarking year and the Trust will have a better sense of what does/doesn't work in Barrington by the end of the school year.

D. Discussion And Planning for 2019 - 2020 School Year

1. Vaping Education, Best Practices

Action Step: Review policy on vaping to see if it needs to be updated.

Currently there is some form of vaping education in all three middle school

health curriculums, as well as 11th grade and 12th grade as a flexible topic. Sunrise Show at BHS did a segment on vaping and there are posters in the bathrooms of the High School. There is a new “Lunch and Learn” Series at BHS, and vaping will be a part of that. Michael Blundin mentioned that they have moved vaping up the “triage” list now as they do patient intake at local hospitals. Karin Wetherill of RIHSC reminded the group that sharing with students that “Big Tobacco” is manipulating them via media has been proven to be more effective than just regular anti-smoking/anti-vaping messages related to health.

We will have vaping data in March as part of the R.I.S.S. survey.

2. Nutrition Messaging regarding School Lunches

On Messaging: Currently BHS and Sowams distribute information from the meeting to their respective schools. The new website has better visibility for minutes and links, should do a better job of linking items from the minutes to make them more engaging and effective.

On School Lunches: Sixth graders make the leap to a la carte options, but seemingly minimal difficulty with the transition this year. In addition, many of the recommended changes from 2018-2019 were implemented in the schools: Nayatt added pictures of food and color coding for students to move faster, for example.

On Lunch Time and Chocolate Milk: Amy Nuun made a motion to have extending school lunch time and Chocolate Milk added back into the list of discussion items for the Health and Wellness Committee. This was seconded by Melissa Coen. A vote was taken and the majority agreed to add this back to our agenda. Superintendent Messoro agreed to take the “expanded lunchtime” request to the Scheduling Committee and report back to Health and Wellness.

3. Revision of the Health Curriculum

Corey Downey, department head of Physical Education and Health, noted that this year they are updating the Health curriculum. He will be ready to report out on the changes in March or April of 2020. He reminded the Committee that the P.E. portion of the curriculum was updated in 2018-2019.

Amy Nuun asked if the H.I.V. curriculum messaging could be updated to be more modern and to have a positive message about identification and treatment.

Plan: Amy Nuun will bring HIV messaging information to our next meeting to share with Mr Downey.

E. Highlights of Health and Wellness Reports

1. Chartwells:

- a. Has been promoting local foods this fall, including local corn and apples. October will be a focus on kale.
- b. New “Choice” Event and lunch time allows students to sample new foods and vote which one should be on the menu.
- c. Straws are now available only upon request.
- d. For elementary schools, there is a new “mind boost” program to connect healthy foods and food choices with improved physical and mental health. “Eat Better, Feel Better” motto.

2. BAY Team:

- a. No BAY Team members were present, but Joanne Royley from BHS updated the Committee on the F.E.N.D. Movement at the school (Full Energy No Drugs, <https://wearepreventum.org/fend/>). There is an available app with educational resources and games, students can win movie tickets, prizes and more for participating and using the app. Note: F.E.N.D. does sell apparel but all proceeds to go their programming.

3. RIHSC: Breakfast for leaders on Thursday, 10/10 (7 am-11 am), There will be 42 exhibitors on all manner of topics for our schools.

4. School Nurse Educators:

- a. Flu clinics at Sowams on 10/10 and BHS on 10/29
- b. Vision screening is complete
- c. Vaping vs Asthma / Allergy Presentation for the nurses.

F. Public Comments

There were no public comments.

Meeting adjourned at 9:36am. The next meeting will be Wednesday November 6th at 8:15am in the Professional Development room at the Middle School.