

**Wellness Committee**  
**Meeting Minutes**  
**December 4, 2008**

**Present:**

Diana Campbell, Chair  
Dr. Edward Mara, Superintendent of Schools  
Jane Correia, Director of Administration & Finance  
Don Rebello, MHHS Principal  
TJ DelSanto, MHHS Physical Education & Health Dept. Chair  
Ellen Estrella, MHHS Nurse  
Laurel Thayer, MHHS Family & Consumer Science Dept Chair  
Susan Donovan, Health and PE Elementary  
Dr. Gregory Fox, Medical Representative  
Dr. Tom Breslin, Representative of Interest  
Jillian Caranci, Blue Cross-Staff Wellness  
Nancy Roberts, Chartwells Nutritionist  
Carole Toselli, Kids First, Healthy Schools Coordinator  
Kirsten DiChiappari, Director Evolution Bodywork & Nutrition  
Kali Garges, Dietician

**Parent Representatives:**

Bobbi Jarvis  
Jen Moclair

**NEXT MEETING: THURSDAY, JANUARY 8, 2009 AT 4:30 IN M108 AT MT. HOPE  
HIGH SCHOOL**

The meeting was called to order by Chair Diana Campbell at 4:34 p.m. The minutes from the last committee meeting were reviewed and accepted into the record.

**HIGHLIGHTS OF RECENT ACTIVITIES**

On November 20<sup>th</sup> 124 students out of 260 student body attended a Family Fun and Wellness Night held at Guiteras School. Grade K represented the most in attendance with 64%. The remaining grades were represented by almost 50% in attendance. Ms. Donovan explained that various health education stations were set up and students had to take their parents to each station listed on their ticket in order qualify for a prize. Stations included Chartwells which had locally grown apples and bottles of water; a plan-a-meal station; a station set up by the Lung Association, etc. Interactive games and quizzes were scattered throughout the school and the night ended with everyone receiving a prize. The Wall of Wisdom was a station that included large poster-size signs of all the information contained in the Family Fun & Wellness packet that

was handed out to each student. Students who did not participate in the event were given a packet to take home. Ms. Donovan is willing to work with district schools and PTO groups to assist in planning similar events at other elementary schools.

Ms. Jarvis and Ms. Moclair shared that 80 students have signed up for a new exercise program at Rockwell. Ms. Jarvis has measured the distance around Rockwell and it measures .6 miles. They are also planning to begin a Run/Walk program at Rockwell in the spring.

Ms. Jarvis distributed a copy of an article which emphasizes the fact that active students get better grades. Also, she shared information about a book entitled Younger Next Year which gives helpful tips to readers with helpful information about eating healthier and being more active.

Colt Andrews is also planning to begin a Run/Walk program in the spring.

Nancy Roberts of Chartwells highlighted the Harvest day event which was featured at Colt Andrews. A buffet table was set up featuring local produce and recipes created by the food advisory board, including a vegetarian dish which was quite a hit. This was followed by an “Advisory” meeting with students. From that meeting, the menu is being reviewed to include additional vegetarian options, soup and new salad choices which will be available starting in January.

Dr. Fox has set up a date in December to speak with members of the Colt Andrews PTO. Flyers will be distributed to advertise the event. A date for a similar presentation at Rockwell will be decided in the upcoming weeks. A press release will be sent to the local newspaper advertising the events. His presentation will outline current issues in the state such as the obesity epidemic and the purpose and concept of the Wellness Committee. He will share how each family can do their part to become healthier. The presentation will last about 20-30 minutes.

Mr. DeSanto highlighted that the Mt. Hope high school physical education and health department received the Governor’s Award for Innovation recently. This is the second time a district school has received such an award. Guiteras School was recognized last year. Mr. DeSanto shared some post cards that he recently received from the Heart Association which contains helpful tips and information about heart disease and how to be healthier. He suggested that schools create similar postcards and have a mass mailing to all families.

### **SUB-GROUPS REPORT OUT:**

#### **Nutrition and Meals:**

- An evening interactive event scheduled for parents and students to be educated about issues of health and where they can create a healthy meal together was discussed by members of this sub-group, i.e. a cooking class.
- A free bag of groceries for a family of four to make the meal at home and/or a raffle of a free week of groceries for a family of four was discussed as types of incentives to bring families in to participate in such an event
- Members will research to see if grant money is available to pay for these incentives.

Parent Communication and Education:

- This group is hoping that parental communication will continue by having Dr. Fox present to elementary PTO groups on an every-other-month basis. The purpose of the Wellness Committee and communicating wellness strategies will also be emphasized.
- Initiatives to coincide communication to parents about events like National Smoke-Out Day. Students will be sent home with flyers and stickers.

Physical Education and Activity:

- A survey will be conducted at KMS in the near future to see where students' interests lie relative to non-competitive activities which will be held after school, i.e. group exercise, spinning, etc. Bobbi and Jen will work on preparing this survey.
- Rockwell teachers will pilot exercise breaks in the classroom and if the results are positive these breaks could be instituted in all the district schools.

Staff Wellness and Education:

- This group will work on efforts to expand the current Wellness Fair to faculty and staff ; local business partners will target this audience with activities such as i.e. cholesterol screening, BMI screening, bone density screenings, etc.

Rockwell teachers are interested in attending an evening exercise program.

After each group completed sharing their ideas and initiatives, the meeting was adjourned by Diana Campbell at 5:40 p.m.

Respectfully submitted,

Juliann Tanguay