

The Rhode Island Healthy Schools Coalition
Member Activity Highlights and Contact Information
Submitted Member Updates: January 2009

Chartwells School Dining Services, East Bay Collaborative

Contact: Barbara Cohen, 58 Gooding Ave. Bristol, RI 02809; 401-253-1452, 401-258-0371 (cell)
www.eatlearnlive.com

East Bay includes the Following Districts: Little Compton, Tiverton, Bristol-Warren, Barrington, Middletown, Portsmouth and East Providence.

Chartwells has expanded the Farm to School program in all East Bay School Districts. We had harvest meals throughout November to highlight local produce program.

We have implemented a menu for the East Bay districts that meets criteria for RINR 2009 (except sodium) and are 100% compliant with the RI Snack and Beverage Law.

Chartwells continues to actively participate on all East Bay School district wellness committees, health fairs and other wellness activities within the Districts

We held a recipe cook-off for new healthier side dishes utilizing fresh ingredients such as vegetables, herbs and legumes and have incorporated many of the new recipes into our menu cycle.

Bristol-Warren won a \$5,000 grant from the New England Dairy Council for increasing Breakfast Participation at Kickemuit Middle School.

During the months of Sept., Oct., November & December Chartwells initiated a Breakfast marketing Promotion for Middle and High schools within the East Bay area to help increase participation.

We have continued to actively seek information from our customer base through Food and Nutrition advisory meetings with students on a consistent basis in all East Bay districts.

Chartwells Warwick Schools

Contact: Frank Esposito, 401-463-1717
frank.esposito@compass-usa.com

Wellness accomplishments/programs include:

- Compliant with RINR breakfast, guidelines for Sept 2009
- 90% Compliant with lunch guidelines, working on the sodium content and availability of fruits and vegetables of the purpose of color, Sept 2009.
- Staff training in wellness education
- Purchasing local farm vegetables and fruit

Henry Barnard School, Providence, RI

Contact: Suzanne Brodney Folsie, Co-chair, Health & Wellness Committee, Henry Barnard School Parent Association (HBSPA), 401-345-1809

The projects for HBS in 2008-2009 include:

1. School garden project. The HBSPA health & wellness subcommittee worked with HBS teachers and the grounds crew at the Rhode Island College to improve several existing classroom gardens and build several others. We also purchased bulbs and perennials for the gardens that the students planted. One teacher suggested that HBS ask the RIC grounds crew if elementary school could have all the mums that they plant and then throw out after homecoming weekend. It turned out to be a great collaboration. Additional projects related to the school gardens will continue in spring 2009.
2. After school programs. The HBSPA has worked to bring the 1on 1 basketball program to HBS in fall 2008 and spring 2009. We are exploring other after school activities in collaboration with the RIC recreation facility.
3. School survey. A school nutrition and physical activity survey is planned for spring 2009 to gather objective data on the schools' progress and identify opportunities to improve on the physical education and health curriculum.
4. Fresh to You. This program, which is being conducted as part of staff wellness, is a program that allows employees to purchase fresh fruits and vegetables at significant discounts and have them delivered to the worksite. This program will be open to staff, faculty and families. The kick off date is January 29th.
5. Shape Up RI. In 2008 several HBS teachers participated in Shape Up RI. The HBSPA sponsored their participation.
6. *Healthy Henry*. The Healthy Henry newsletter, which is written by a parent, is published 2x per year. The newsletter highlights healthy eating and participation in physical activity by students and staff. Each issue features an interview with a faculty member. The articles focus on positive role models and provide information about health happenings at the school.
7. School auction. In March 2009 a fundraiser and auction will be held to help raise money to help support the health and wellness programs at the school.

Kids First

Contacts: Karin Wetherill, Associate Director
Mary-Elena DeLuca, Chief Dietitian and Program Coordinator

5 Richmond Square, Providence, RI 02906, 401-751-4503

e-mail: info@kidsfirstri.org

website: www.kidsfirstri.org

Kids First major activities in 2009 include the following:

- Coordinates the **RI Farm to School project** which includes technical assistance to food service staff for purchasing RI grown fruits, vegetables, milk, etc... and education programs for students, staff and parents. As well promotional activities that highlight RI Farm to School and build greater community support for RI grown purchases in all RI school meal programs (funded through 5-6 local grants.)
- **Provides facilitation, education and technical assistance to District Wellness Subcommittees**, funded through NGA through Jan. 31, 2009 and funded beginning April 1, 2009 through DOH Initiative for a Healthy Weight
- Implementation of **Team Nutrition Grant project 2007**, which includes providing chef support for RINR implementation and working with RIDE to develop accountability system for RINR. Funded through RIDE (USDA Team Nutrition) through September 2009.
- A wide variety of Nutrition, Wellness, food safety (food allergy, too) and physical activity **education programs and technical assistance**. Most education programs are funded through partnering agencies requesting the programs. Hasbro funds a limited number of *Afterschool Fit Kids Series* programs. Some education programs are funded in ARAMARK districts and Sodexo, Providence through contracts with the district food service programs. Food safety work (funded through URI) includes development of food safety curriculum for Special Needs classrooms and development of HACCP systems in RCCI's. Allergy education work is funded through RIDE and ends March 2009.
- Continuing to provide the **Superintendents Wellness Workshops**
- Developed and now providing the *new* **"Rethinking Fundraising"** – a workshop for PTO's and other fundraising groups that elicits discussion and planning for healthier fundraising activities
- **Northeast Regional Healthy Foods Marketplace**, August 2009, self-supporting.
- Provides administrative support for the **RI Healthy Schools Coalition**, (funded by Kids First)

Lifespan

Lifespan Community Health Services

Marsha Weiss, RN , 70 Catamore Boulevard East Providence, RI 02914, 401-431-5410

mweiss@lifespan.org

Lifespan Community Health Services provides outreach on behalf of our hospitals: Rhode Island, Hasbro Children's, The Miriam, Bradley and Newport hospitals. Examples of activities provided which encourage physical activity and good nutrition for children include:

- Heart health programs for grades pre-K through 12: i.e., HiTech Heart, Teaching Children to Save Lives

- Activities for health fairs, expo's etc.: Bean Bag Toss Health game, Is it a Snack or a Treat game, Color a healthy meal activity
- Speaking of Kids series includes fall and spring series.
- Lifespan speakers bureau can provide speakers on a wide variety of health issues
- Annual Parenting Matters Workshop includes break out sessions regarding nutrition and exercise
- Informational booths at health fairs, fun runs, etc., include information, handouts, giveaways on fitness, physical activity, nutrition, etc.
- Incentives to promote physical activity
- Healthy snacks are provided at activities when appropriate
- The Lifespan Injury Prevention Center provides safety information/classes to encourage safe physical activity
- The Miriam Hospital's Department of Behavioral and Preventive Medicine provides a number of clinics and research on interventions for childhood and adolescent obesity
- Bradley Hospital provides food and nutrition based activities for inpatients and the Bradley Hospital and Bradley School conduct a walking program for students and patients
- Hasbro Children's Hospital provides, "Draw A Breath" program to help children improve management of asthma.
- Tobacco Prevention Program

LouLinLLC maker of the nutrition game ALL YOU CAN EAT

Contact: Louise Bandieri – Owner, 401-253-7294

www.allyoucaneatforkids.com

LouLinLLC has produced a nutrition curriculum to be used in the classroom based around the activity of playing the game All You Can Eat. Teachers will be able to implement this program with ease utilizing the materials provided as part of the curriculum. Materials include the board game All You Can Eat, written instructions along with a 4 minute How To Play DVD presentation, take home tracking sheets, Activity Books for the students and a Teachers Manual on how to implement this curriculum. This course of study is broken down by grade and ability and can be taught in as few weeks as 5 and/or extended throughout the school year.

Other programs include:

- 6 Week Nutrition Program used in the elementary schools in Seekonk, MA.
- Complete School Year Nutrition Program used at the East Bay Coalition Transition Academy (special education students).
- 6 Week Nutrition Program used at Mosaico as part of their mentoring program.

All You Can Eat board game and curriculum is designed to influence childrens' eating and exercising habits by providing a means of gaining, utilizing and reinforcing nutrition knowledge as it applies to their overall health.

Nayatt Elementary School, Barrington, RI
Contact: Michael Gesmondi and Nicholas Guadagno

Wellness programs include:

- Student Jog-A-Thon Annually
- Mileage Club at Recess when weather permits
- Nayatt 5 K Run as a fundraiser
- PE and Health Week including project ACES
- Weekly Healthy Messages covering a variety of health issues in PE classes, regular classrooms, and posted on our school PE web page and throughout the school
- PE and Health School Web. Page
- Health presentations occasionally in school Lunch and Learns.
- PE and health presentations during monthly school town meetings at times

New England Dairy & Food Council
Contact: Jane Vergnani, RD , (401)667-3991
jvergnani@NewEnglandDairy.com
www.NewEnglandDairyCouncil.org

NEDFC is a non-profit nutrition education organization staffed by registered dietitians. One of our main goals is to support school wellness initiatives in the classroom, gym, and cafeteria by providing the resources teachers, school nurses, school nutrition professionals, administrators, and parents need to provide science-based nutrition messages to students.

Proper nutrition and physical activity are important in order for students to stay energized and learn effectively during the school day. We are committed to ensuring that students are given every opportunity to excel in the school environment and are excited to work with school personnel towards this goal. The following are a few programs that NEDFC sponsors to help schools reach wellness goals.

- **Fuel Up To Play** – A five-year initiative launched in 2008 by the National Dairy Council® (NDC) and the National Football League to help schools make positive changes in student eating and physical activity habits. The initiative is based on recommendations from the 2005 Dietary Guidelines for Americans, encouraging kids to consume more of the Food Groups to Encourage – low-fat and fat-free dairy, whole grains, fruits, and vegetables – and to engage in at least 60 minutes of physical activity on most, preferably all, days of the week.
 - **Do Amazing Things! School Wellness Activation Kit** – “Do Amazing Things!” is the theme for the first year of the Fuel Up To Play initiative. The activation kit is provided free to schools and includes eye-catching banners and posters encouraging students to get 60 minutes of physical activity every day and eat more of the Food Groups to Encourage. Visit www.SchoolWellnessKit.org to get involved and receive a kit in the mail.
- **Expanding Breakfast** – Expanding Breakfast includes serving breakfast outside of the cafeteria in areas like the hallway or classroom. Expanding Breakfast programs significantly increase

breakfast participation, helps to remove the stigma that the program is meant for low-income students, and encourages kids to fuel up with the most important meal of the day.

- **New Look of School Milk** – The New Look of School Milk (NLSM) features ice-cold milk served in kid-friendly, plastic containers available in a variety of flavors on the meal line. Offering milk this way increases milk sales and meal participation, which offers schools increased revenue and helps students meet their calcium requirements.
- **Recycling** – Recycling New Look of School Milk plastic bottles is a great way to protect the environment and reduce trash volume between 9-20 percent. It reduces greenhouse gas emissions, saves landfill space and teaches students social responsibility and respect for the environment.

For more information about the resources available to implement these programs and other school wellness tools – cafeteria promotions, physical activity challenges, and more – visit www.NewEnglandDairyCouncil.org. For additional help starting these programs in your area, please contact your local NEDFC dietitian.

Rhode Island Association of School Principals

Contact: John Golden, Executive Director or Patricia Hines, Assistant Executive Director

401 – 272-9811, X18

www.riasp.org

The Rhode Island Association of School Principals has more than 450 members, including principals, assistant principals and school leaders by various other titles serving K-12 schools in every district in Rhode Island. RIASP publicizes the work, goals and activities of the Coalition among our RI school principal members

Rhode Island Association for Supervision and Curriculum Development (RIASCD)

Contact: Elizabeth Brito, Executive Director at 401-253-0636. www.riascd.org.

This is a statewide professional development organization, serving educators at all levels.

RIASCD strives to improve teaching and learning for all students and educators in the state by providing workshops, conferences, and meetings on current educational topics; by providing access to products that support these topics; and by connecting our membership with legislation that impacts education and educators at both the state and national levels. We are currently not participating in programming that specifically targets nutrition, physical education/activity or staff wellness; however, we are participating in a national initiative around The Whole Child. The Whole Child Initiative is based on five tenets that form the infrastructure of the initiative. That schools and communities promote healthy lifestyles, create intellectually challenging learning environments, ensure active student engagement, personalize the learning process; prepare each student for college, post graduation study and work in a global environment. This initiative is providing resources to affiliates that will support our work in our states.

Our long range plan is to offer a Whole Child conference in 2010 and to work with partner organizations to accomplish this goal.

RI Department of Health, Initiative for a Healthy Weight

Contact: Eliza Lawson, 401-222-4847

www.health.ri.gov/disease/ihw

eliza.Lawson@health.ri.gov

The mission of IHW is to prevent and control overweight and obesity. We work with partners to improve the physical and social environment to make eating better and moving more an easier choice. IHW will lead Rhode Island in achieving the objectives in Rhode Island's Plan for Healthy Eating and Active Living by:

- Providing partners with tools, training, and resources to implement sustainable policies, systems changes, environmental changes, and programs
- Connecting partners with each other to share knowledge, expertise, and resources
- Investing in and implementing effective and sustainable strategies to help Rhode Islanders eat better and move more

IHW's Goals:

1. Position the Department of Health and key partners in a leadership role for statewide obesity prevention efforts.
2. Convene and lead a planning process to update the State Plan and prioritize activities annually.
3. Increase the number, reach, and quality of policies and standards that support healthy eating and active living.
4. Increase access to and use of environments that support healthy eating and active living.
5. Increase the number, reach, and quality of social and behavioral approaches that compliment policy and environmental strategies to promote healthy eating and active living.
6. Enhance surveillance to monitor obesity and key behavioral and environmental risk factors.
7. Evaluate progress towards meeting program and State Plan objectives.
8. Share success stories and lessons learned.

Angela Ankoma, our physical activity coordinator has taken on the role of State Physical Education Demonstration Center Coordinator, through the President's Challenge. Demonstration Centers are schools whose students are active 60 minutes a day, receive instruction on the importance of physical activity, learn to be active in safe and healthy ways, and learn a variety of skills that can help them stay active for a lifetime. The State Coordinator will promote the program with schools, create an advisory committee that will annually select schools to receive the Demonstration Center award, and execute awards ceremonies.

Sullivan School Family Center

Contact: Ryan Zilly, BETCHA CAN! Project Coordinator, 401-845-8579 ext. 30

Samantha Brinz, Program Director, (401) 845-8579 x29

Programs include:

- **Kick Off event**- event for the kick off of the Carol M. White grant, and The Nickelodeon Worldwide Day of Play. Students were able to participate in many physical activities and there were nutritional snacks provided along with nutritional information from Kids First and Monroe Dairy.
 - **Healthy Kitchen For Less**- a workshop with Kids First, to promote healthy eating at the home of students and how to save money at the grocery store, while still eating healthy, with cooking demonstrations.
 - **Cranston-Calvert vs. Sullivan School Basketball Tournament**- The two schools after school basketball programs competed against each other in a round robin tournament. There was a great turnout at the Sullivan School gymnasium to support and watch the players.
 - **The Back Pack Program**- We provide 60 referred students with backpacks each Friday full of kid friendly food to bring home for the weekend.
 - **The Sullivan School After School Program**- They had 10 physical activities offered in the first 2 clusters.
 - **The Carey School Afterschool Program**- They had 12 physical activities offered in the first 2 clusters.
 - **The Cranston-Calvert Afterschool Program**- They had 9 physical activities offered in the first 2 clusters.
 - **SPARK**- There was a professional development day to implement SPARK activities to the classroom and the after school programs. We brought together a great group of people from the Boys and Girls club, YMCA, Recreation department, PE Teachers and after school coordinators, all to learn to implement SPARK. SAPRK is used 4 days a week in the after school programs and is used in the physical education classrooms as well.
 - **Kids Cooking Creatively**-This program was conducted at Carey school on Wednesday's and Cranston Calvert school on Monday's. The program ran for 6 weeks and serviced a total of 12 students in grades 4&5. Children learned a unique approach to cooking by using alternative ingredients such as fruits and vegetables instead of flour and sugar recipes were from the Deceptively Delicious cookbook. Students also learned about food pyramids, healthy choices, nutrients, calorie intake and table manners.
- Currently the Health Advocate, Margo Pires, attends the district's Health and Wellness meetings.; members on this committee include the district food services director, members of the school committee, local community partners (e.g. Boys & Girls Club, YMCA) parents, school nurse teachers and the superintendent. The Health Advocate updates the committee about the progress and activities of the Carol M White/PEP grant this committee has been extremely supportive of our efforts with this grant. In March of 2008 our Health Advocate was presented an award for her outstanding commitment to the children and families in the Newport community. In November she received an award from Rhode Island Kids Count in recognition for her dedication in ensuring that RI children and families have health coverage.
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University of Rhode Island Supplemental Nutrition Assistance Program (SNAP-Ed)
Contact: Kate Balestracci, 401-277-5043

Wellness outreach and programs include:

- Working with the PE and health teachers in the Providence school system (all grades) to provide PE and health curriculums.
- Participating in family and parent events within the Providence school system
- Working with the PE and health teachers in the Central Falls school system (all grades) to provide individual nutrition information for students and PE and health curriculums.
- Participating with PASA to teach nutrition and physical activity topics.
- Recipe demonstration and nutrition education at summer farmer's markets.
- Working with the Providence Recreational Department to provide sports nutrition information to participants and coaches
- Working with the Providence Public Libraries