

Congratulations Newport Public Schools!
Awarded the 2009 RI Healthy Schools Coalition Award of Honor
At the September 17, 2009 Breakfast for School Leaders
Newport Public Schools List of Nutrition and Physical Activity Accomplishments
as of Fall 2009

- **Active, vibrant, engaged, well organized and highly supported (by district Leadership) District Wellness Committee.** *(includes representation from the School Committee, Superintendent, Director of Student Services, Parent representatives, Sodexo, Newport Hospital, Newport Parks and Recreation,, the YMCA, students and many more.)*
 - Committed to meeting 4x per school year
 - Meetings rotated through cafeterias so all could see facilities
 - Membership was actively enhanced. Made commitment to involve the entire community so Chair and other members recruited from various wellness-oriented organizations in town - YMCA, Naval Clinic, Dept of Rec., retired members of the community, Newport Housing Authority. There was also a strong push to have each individual school represented by at least 1 parent member, coordinated thru the various PTOs.
 - Re-organized the structure of the group to accommodate the larger participation. Chair Becky Bolan asked each member to choose a "Focus Group" to actively be involved in. 4 Focus Groups were available: - Nutrition, Physical Activity, PR/ Outreach and School Gardens. (A 5th is being added this year with the specific purpose of monitoring school meals) Each Focus Group meets between Wellness Meetings to brainstorm tasks, ideas, changes, initiatives, etc. and then presents them before the larger group for discussion/action. This keeps regular meetings more efficient as well as engaging community members in their particular focus. It also spreads the varied work out a bit to the enthusiastic participants.
 - Made commitment to sharing their minutes with rest of the state via the KF website as a way to further communication and possible ideas about wellness committee roles with other districts.

- **Recess Before Lunch at Coggeshall & Sullivan**

- **Table Hosting at Underwood and Coggeshall**

- **School gardens at three of four elementary schools** with the fourth being planned and from which the food will be used in the school lunch program. There is a Zen Garden at Rogers High School. AND... Newport was selected by RICAPE as one of three districts to receive assistance in developing a garden in every school.

- **Received and implementing the Betcha Can! (Carol White PEP) Grant to the Newport Family & Child Opportunity Zone.**
 - SPARK Curriculum has been implemented in all afterschool programs. Students receive at least 20 minutes of SPARK activity and a healthy snack prior to afterschool programs.
 - Teachers throughout the district are trained to integrate SPARK active lessons in the classroom

- Phys Ed. Equipment was purchased for all 5 elementary schools
- Implementing Fitnessgram to assess students fitness levels
- Betcha Can newsletters are sent bi-monthly to families of all elementary students
- **Newport sent a team of 3 (the only district in the State to do this) to attend a 3-day *Children in Balance Community Leadership Institute for Childhood Obesity Prevention at Tufts University* this past summer.** One Representative from the school district, one representative from the city of Newport and one representative from the Newport Hospital – all working to build a community wide effort.
- **Partnered with the community to role model good nutrition decisions and safety practices by having the Newport Police Department and Fire Fighters serve lunch**
- **In the school meals program, the elementary schools implemented “Serve” instead of Offer vs. Serve** so that the students are given all foods to try. As well:
 - Whole grain breads and rice dishes have been served for two years now
 - Legumes are offered weekly for the past 2 years
 - Salads have been made with romaine and spinach
 - Rogers HS implemented a “made to order” station
- **Strong supporter and participant in the Farm To School program**, serving RI Grown Apples, Potatoes, Summer Squash, Zucchini, Blueberries, Strawberries, Tomatoes, Butternut Squash, Cucumbers, Cherry Tomatoes and Green Peppers
- **Two schools implemented the USDA Fresh Fruit and Vegetable Program** last year and two will implement this year
- **WADK 1540AM gives monthly airtime with Jo Eva Gaines** to discuss Newport Education, including Health and Wellness Committee issues/work
- **A guide to Newport meal sites and pantries** was developed and distributed to Newport school children
- **Newport received a MuniBlue “Outstanding Award” for Staff Wellness**
- **Cookie Dough Fundraiser eliminated at Underwood Elementary** and the district is committed to continue to work on “rethinking fundraising” to ensure that fundraising does not undermine wellness efforts.