

RI Healthy Schools Coalition Annual Full Membership Meeting

January 20, 2010

(Notes prepared by: Jennifer Quigley-Harris, Dorothy Brayley)

RI HSC Goals:

Goal 1: By October 2012, ALL school districts in RI will develop and implement high quality, performance based Physical Education curriculum incorporating the RI Physical Education Standards. That curriculum will be delivered in every RI school to all school children preK-12 to develop the knowledge, skills, behaviors and confidence needed to be physically active for life.

Goal 2: By October 2012, ALL schools in RI will fully implement district- and state-adopted policies and laws ensuring that ALL foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with dietary guidelines for Americans.

Goal 3: By October 2012, ALL staff in RI schools will have access to wellness programs incorporating nutrition and physical activity education and programming opportunities.

New Steering Committee approved for 2010

Dorothy Brayley, Kids First

Rosemary Reilly-Chammat, RI DOH

Elissa Jelalian, Brown U, Miriam

Jane Vergnani, New Eng. Dairy & Food Council

Cindy McDermott, YMCA

Lisa Hawthorne, RI DOH, IHW

Megan Tucker, Amer. Heart Assoc.

Linda Sweet, BLOOM-RI, Inc.

Kristen Coutoulakis, RIAHPERD

Kathi Masi, RI F&CS, S. Kingstown HS

Thomas Hoagland, ARAMARK

Marianne Stepanian, Lifespan

Deb Ranaldi, RIAHPERD, Narragansett

Angela Ankoma, RI DOH, IHW

Tom O'Horo, Health & Wellness Institute

Solange Morrisette, Sodexo

Becky Bessette, RIDE

Kate Balestracci, URI, SNAP-Ed

Major Activities Undertaken in 2009; Plan for 2010:

2009 RI HSC Breakfast and Planning for 2010

Report out of positive outcomes (**Karin Wetherill**) - 2009 Breakfast was another success, 334 people registered, 290 attended. All 36 school districts represented with the majority of Superintendents attending. The 2009 RI Superintendents Wellness Survey that was done - one of the major "asks" from districts that we got back was that districts could use help with implementing the PE Standards. RIAHPERD has been working to build its capacity to provide assistance in the form of Professional development for PE teachers and has already made presentations to school administrators working in partnership with RIASCD and RIASP. MUNI Blue reported that every district except Westerly is now taking advantage of their Good Health Benefits! Many districts approached BCBS reps. ended up signing up for some right at the Breakfast.

2010 Breakfast Date: Wednesday, Sept 22, 2010 - Crowne Plaza

Volunteers needed for 2010 Breakfast Planning Committee - contact Karin if interested (kwetherill@cox.net)

RINR 2009 fully launched in Sept. 2009: How's it going?

(Fran DeRuiter, Sodexo): RINR is for the most part going great. Tastings are really helping to get the kids to try the new foods and initiatives like Color Your World are helping to get new vegetables and fruits on their plates. Today in Woonsocket, Steve Carey was at the school and chicken fajitas, red beans and rice and fresh fruit and veggies were on the menu and kids were really picking the food up and liking it. It helps that they have been phasing it in over the past year and not just doing it all at once this past Fall.

Tom Hoagland, (ARAMARK): There seems to be 2 kinds of school districts in RI - the severe need and the more suburban districts where there are less free and reduced meals. It has been much easier to roll out changes in the severe need districts, but also has been easier to implement this year because they were doing it all of last year as well. Change is tough, but the excellent publicity around it has helped - and needs to continue - we need to continue to find positive ways to get the parents engaged and understanding why the menu is different.

(Denise Johnson, PE & Health Dept., Barrington HS): The food looks great and it seems as though kids are becoming much more nutrition and food savvy, so that makes it a little easier to embrace the new menus.

(Deb Ranaldi, RIAHPERD, Narragansett): Seems like the tastings and education in combination are key. The farm visits and the farm-to-school info helps with new menu items as well. Key is really to keep getting the info out to parents about the changes, using listservs, PTOs, etc. as information clearinghouses and promotion opportunities.

(Kathi Masi, F&CS teacher at S. Kingstown HS): The biggest concern for lunches is still the time factor - in most schools kids have about 19 minutes to eat. The focus becomes less on the food and the social aspect of eating and relaxing during lunch and more about eating and getting them moving along again. Another possible suggestion for a teacher communications vehicle is a class newsletter put out by teachers – typically you will find this at the elementary level.

(Cindy McDermott, YMCA): Class parties are one place where you really have a captive audience to get info out to parents and also developing good role modeling. Parents need some concrete suggestions on what is good to serve? What kinds of party/celebration foods are healthy and delicious? Suggestion to work with the afterschool and community programs to help with the consistency of the message so that home, after school and school are working together.

Question/Idea: Is RI at the stage of needing a standards-based Nutrition Curriculum/Nutrition Across the Curriculum? There seems to be a real need to have the practical application of the nutrition and health instruction - how do you show the students the application of the theories in relation to their food and food choices? Kent County Hospital did a 4th grade curriculum for Warwick schools - is there a possibility of trying to fully align it with RIDE standards so that it could be expanded and shared among teachers statewide? Another possible current model - Central Falls - a lesson and breakfast is combined in "Breakfast in the Classroom".

Physical Education – Professional Development Collaborations and Activities

Report of 2009 Work **(Kristen Coutoulakis, Deb Ranaldi):** The goal of the Breakfast was to offer Professional Development (PD) for PE teachers - education by peers and that has gone well so far – via a volunteer effort, thanks to everyone who has helped - there is a power point and presentation ready now to show

the teachers and administrators - emphasizing best practices in the state. On Jan. 28th there is a workshop scheduled as a trial to see how it goes - attendees will get PD credit, a CD with resources as well as a network and contacts across the state. Kids First to help with trying to get all districts on board to send representatives to a workshop, get involved - there are about 850 PE teachers in the state that should be reached. Real goal of the workshop is to take steps to get PE “out of the gym” and into the general student achievement in Administration outlook. **Issues to be considered: Commissioner Gist’s view of PE and the role it plays in school, idea of educating the whole child - better physical shape means better learners. RIHSC will continue to reach out to the Commissioner.**

Wellness Legislation Update

(Megan Tucker, American Heart Assoc.): Menu labeling is back and seems to be gaining some traction this session, talk about a sugar-sweetened beverage tax, issue of childcare facilities and trying to bring them on board so that students are used to school food by the time they reach K.

Reminder to all HSC members: The Coalition does not take a position on legislative issues, nor does it lobby/testify. Members and their individual organizations are strongly encouraged to take a position and take action where it makes sense for them. For example, when D. Brayley testifies, she does not testify on behalf of the Coalition. She testifies as a citizen in RI or on behalf of Kids First. The Coalition e-mail network will be used to share information about Bills that have been introduced and Bill hearing dates and times. Stay tuned in and please send any legislative news/updates you have to Dorothy and she will share with the group.

Recess, Physical Activity in the Classroom, After School Programs, School Gardens, etc.

(Cindy McDermott, YMCA): Peaceful Playgrounds program - the Y is partnering with communities to be the facilitator for developing and submitting grant applications to help improve facade and appearance of playgrounds - working with Providence and Barrington right now, focus on using local resources and vendors to keep grant money within the community for the community.

Question raised about Indoor Recess during inclement weather: shouldn’t there be a policy about keeping recess physical? In places where there is a full gym and schedule permits, kids can play there during indoor recess, but in many other places it is board games or a movie shown - sometimes while sitting at their desks. 2 possible outlets - free kit available from the New England Dairy and Food Council (contact Jane Vergnani: jvergnani@newenglanddairy.com) and also Exercise Breaks in Classroom kit for purchase from parent, Bobbi Jarvis, featured at the 2009 Breakfast. **PE Teacher in Smithfield, Tom Gruzcka**, mentioned a way to improve recess for everyone - including aides on the playground - he teaches a Unit on Recess in his PE class. The students learned the rules of games they could play during the Recess. This resulted in the Students running games with the help of teachers/teachers aides. Students knowing game rules was very effective in keeping games fair and fun – alleviated much conflict while teaching the kids how to play a variety of schoolyard activities (Possible feature at 2010 HSC Breakfast?)

RI Farm to School, Fresh to You... a discussion of efforts and challenges to bring more RI grown foods local to school, after school programs, families, etc.

Farming is the one bright spot in the RI economy, families and communities need to DEMAND local foods for schools. **(Cindy McDermott, YMCA)**: Brown University and Monroe Dairy have partnered to bring a market of local products as well as fresh fruits and veggies to Bailey Elementary School on Gordon Street in Providence every Wed. from 3:30 - 5:30 p.m. **This “Fresh to You”** market gives parents, caretakers and teachers the chance to pick up food at an afterschool site - increases access to fresh fruits and veggies in inner city Providence where not many good opportunities exist. Good success so far - 5 more sites to open as well. Open to the public - produce sold at a wholesale cost and feedback on produce quality has been that it is outstanding.

Farm to School is still growing... but there have been challenges with districts purchasing on an inconsistent basis and frustrating farmers who are now growing for the school market. Food service contracts require the Food Service Management company to purchase locally whenever possible, and **we need community folks to demand this of their contractors and to ask for consistent purchases and wider variety. Farm to School has identified plenty of opportunities to purchase local at competitive prices, but it is not always happening. Please help!**

Wellness Committees – how’s that going? Districts that are in need of “jumpstarts” – who can help? **(Karin Wetherill and Carole Toselli)**: Meetings and activities wax and wane across the state, mostly due to changes in School Committee members and community representatives’ participation levels.. Overall, every district is more active now than they were 3 years ago. Wellness Committees are an excellent place to get HSC messages across and for Wellness conversations to happen at the local level followed by local wellness decision making.. At the federal level, the 2004 Child Nutrition Reauthorization Act was funded, but not re-vamped as scheduled in 2009. It is assumed that all the great and highly visible national conversation around this program has contributed to its delay (that’s a [positive thing, we think!]) It will be discussed, renewed and we expect there will be regulatory changes in the School Meals Programs within the next few months – and we will stay tuned in as best we can. (Dorothy’s national work with School Food FOCUS puts her into this conversation at some levels – feel free to e-mail her for more info.) Dorothy does believe that District Wellness Policies which became Regulation in 2004 have been seen as a success and are not likely to go away under the federal rules.

Staff Wellness

Question: Can teachers unions be a way to get more wellness initiatives, activities and modeling on the table? Can HSC run a Wellness Roundtable with union reps to discuss possible impacts of health insurance premiums and co-pays increasing - and possible solutions gained by encouraging wellness at all levels among staff?

Learning First Alliance meeting to take place - Dorothy Brayley to attend and test the waters.

GREAT Meeting!

Meeting Adjourned: 5:00 p.m.