

WESTERLY PUBLIC SCHOOLS

Health & Wellness Sub-Committee Meeting

Tuesday, August 14, 2018

6:30-7:30 PM

Westerly Middle School, Library

10 Sandy Hill Road, Westerly, RI 02891

MINUTES

1. Call to Order: Diane Bowdy called the meeting to order at 6:31 p.m. In addition to D. Bowdy, the following members were in attendance: Cindy Parise, Jodi Perrin, Alicia Storey, Marco Chicas, Karin Wetherill, Hatina Terras, Celeste Santilli. Marisa Iannella-Rodriguez was recording secretary.
2. Approval of Minutes from 06-19-18: H. Terras made a motion to accept the minutes, seconded by J. Perrin. No discussion. The motion passed with a unanimous vote.
3. Food Service Report: Food Service Director Josh Brochu was unable to attend the meeting. He submitted a written report that members reviewed. D. Bowdy reported that she would be requesting data to see if the summer lunch distribution had increased due to the addition of the library as a meal site. She continued to report that Aramark's recent contract would be posted as soon as it was finalized. Aramark was awarded the food service contract as the only bidder. M Chicas questioned an increase in price. A. Storey responded that there is a formula provided by the state to determine cost and parents should receive notice before the start of the school year regarding the change in cost.
4. New Business
 - a. Water bottle filling stations at all schools- D. Bowdy announced that she would be pushing for stations at all schools and would look to the superintendent and facilities to determine how that could be made possible and report back for the subcommittee's next meeting. C. Parise added that Springbrook Elementary has a water filling station but needed a replacement filter for much of the school year. Maintenance for all stations will be just as important as installation.
 - b. Student stress at Westerly High School (WHS) - D. Bowdy reported that she requested an evaluation of student stress at Westerly High School between school, sports, life etc. The goal is for students to enjoy their lives, not be completely overwhelmed and pushing themselves to the extreme. H. Terras recommended inviting social workers to the subcommittee meetings as they

are the first line of defense at school. D. Bowdy invited members to the RIHSC breakfast on October 9th.

c. WHS Mental Health/Substance Abuse Program- create WPS Leaders presentation schedule and organize training/informational events for parents- A. Storey opened discussion with a presentation of a trailer from CVS Health. The company provides presentations for community members, school staff and parents to provide information about mental health and drug addiction at no cost. Discussion ensued regarding prescription drug abuse. A shared document would be created for the subcommittee to compile ideas for future presenters throughout the district and community. Dates would then be determined from the topic list.

5. Future Agenda Items:

- RI Lions Sight Foundation
- Review list of suggested presentations - Health & Wellness Mental Health/Substance Abuse Program Presenter Ideas
- Make sure items enjoyed from the farm fresh samples last year make it on the school lunch menu
- Available breakfast at all schools
- Grab and go breakfast and lunch
- Quality of breakfast options and sandwich stations
- Food allowable in classrooms
- Availability of TSCC harvest
- Mobile farmer's market
- RIHSC Local Food Ambassador Program
- Food on the Move

6. Other: No further discussion.

7. Adjournment: J. Perrin made a motion to adjourn at 7:20 p.m, seconded by C. Santilli. The motion passed with a unanimous vote.

Respectfully submitted,

Diane Bowdy, Chair
Health & Wellness Subcommittee

