



MINUTES -DRAFT

Health and Wellness Physical Activity and Nutrition Subcommittee Meeting Gilbert Stuart Middle School, Health Classroom

April 24, 2019

CONVENE MEETING

1. The meeting was called to order at – 4:15 PM

In attendance: Kate Messier, Solight Sou, Linda Grossi, Tony David, Chris Lanctot, Karin Wetherill

APPROVE AGENDA

2. Approve Agenda
**A motion was made to approve the agenda as presented
MSV- Sou, Grossi (6-0) MOTION APPROVED**

APPROVE MINUTES

3. Approval of Minutes -- September 26, 2018
No vote was taken to approve the minutes.

SUBCOMMITTEE UPDATES

4. Review of Progress to Date
Linda lead tour of new Gilbert Stuart Middle School fitness center

Linda's update- Girls' Night Out at Gilbert Stuart Middle School, May 9th

GS- awarded a \$100k grant from Don't Quit Fitness Room Grant Campaign- National Foundation for Governor's Fitness Council.

Thursday, April 25- Health Fair Update: 23 vendors presenting; Sodexo providing foods; Solight will visit the fair

Kids Count- Childhood Weight and Obesity study released. Have never had BMI data- partnered with BCBS, insurers and physicians' offices. Benchmark data for the state.

Important to note this should drive state and local policy. We hope this is the beginning stages of research. Solight- not yet correlated to income/FLP.

5. Review of Current Goals

Goals moving forward

- PD info/ requirement forthcoming with news of new superintendent
- Bobby: wants some metrics in place for an interactive dashboard on wellness committee progress. Need buy-in from full committee
- food trucks in the morning selling to students. Working with admins, PPSD and Providence Healthy Communities/Mayor's office.
- Food Services RFP increase consumption rates for breakfast; goal around student engagement? Potential to partner with Sodexo on student engagement

- Wellness Policy implementation monitoring visits
- Note- Gilbert Stuart schedule change- not welcome by PE teachers
- Healthy vending- supposed to be coming from new foodservice provider
- Goal: district is in compliance or federal state regulations around healthy vending; raise awareness of alternatives to reliance on sales of unhealthy vending
- Physical Activity Goal- Recess Rocks?
- Activity breaks?
- Goal- engage more stakeholders in subcommittee through a joint family engagement event with RW and GS middle schools
- Goal around communication?
- Solight: some funding for wellness supports and programs. Start thinking about ideas for expenditure

PLANNING

6. Wellness Committee Priorities/Revisiting Goals for subcommittee
Need to hone in on achievable, measurable goals
7. Opportunities with FSMC under new contract
There was no discussion related to this item.
8. 2019/2020 Meeting Schedule
There was no discussion related to this item

ADJOURN

9. Adjourn Meeting
A motion was made to adjourn the meeting
MSV- Grossi, Sou (6-0) MOTION APPROVED