



## Health and Wellness Healthy Relationships Subcommittee

The PPSD Healthy Relationship Subcommittee strives to help PPSD improve the health of students, deliver exemplary sexual health education, and raise awareness and understanding about inclusivity; positive, violence-free relationships; and safe, supportive environments for all students and staff.

- The PPSD Healthy Relationships Subcommittee is one of 3 subcommittees that comprise the District Health and Wellness Committee. All RI school districts are required by RI state law (16-21-28) to establish a district wellness committee as a subcommittee of the full school committee (school board).
- District wellness committees are chaired by a member of the full school committee (school board) and will make recommendations regarding the district's health curriculum and instruction, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well-being of students and employees.

### 2019-2020 PPSD Healthy Relationships Subcommittee Goals

1. Define, communicate, and build awareness about Healthy Relationships Subcommittee and the work that the Subcommittee is involved with or promotes.
2. Increase the presence and engagement of stakeholders, including Health teachers, parents, families, students, and school/district administrators.

## MINUTES

### Health and Wellness Healthy Relationships Subcommittee Meeting Planned Parenthood, 175 Broad Street, Providence, RI 02903

May 9, 2019

### CONVENE MEETING

1. The meeting was called to order at 4:05 PM

Subcommittee Members Present: Co-Chair Krista D'Amico (RICADV), Co-Chair Jennifer Quigley-Harris (PASA & RIHSC), Joyce Bernau-Enriquez (Central HS), Ana Berrou (JSEC/Young Voices), Brittany Huffman (PPSNE), Michelle Soto (PPSNE), Solight Sou (PPSD), Gabriela Treviño (BRUSHE), Lizzy Feliz (Student/Young Voices), and Maria Rosario (Student/Young Voices)

### APPROVE AGENDA

2. Approve Agenda as presented

**A motion was made to approve the agenda as presented**

**MSV – Sou, Treviño (10-0) MOTION APPROVED**

## **APPROVE MINUTES**

3. Approval of April 25, 2019 Minutes

**A motion was made to approve the minutes**

**MSV - Sou, Treviño (10-0) MOTION APPROVED**

## **SUBCOMMITTEE UPDATES**

4. Welcome and introductions

New members were welcomed

5. Approve Action Steps grid

Reviewed and discussed second half of Action Steps grid. Reviewed similar approach of Teacher/Student/Parent engagement sections. Perhaps have focus groups in all three areas? Make sure we are promoting school climate initiatives that involve everyone – not just students, but staff and community as well.

Student member suggested adding an action step focused on providing more support for teens in having accurate and reliable information about healthy relationships by advocating for more expert professionals from community-based organizations (such as those who serve on the Subcommittee) to come into schools to help bring subjects and issues that are relevant to students – not just in Health classrooms, but in all classrooms and settings.

Discussion led into a review of how students feel the menstrual hygiene pilot is going – all definitely want it to expand into other schools, think it is very necessary. Discussion led to a proposal for JSEC student and social worker to present at our next meeting on the Kindness Crew/Campaign.

Action Steps Grid (as a working document) approved by Subcommittee. Co-Chairs will share with H&W Committee on May 22 as an example of structure of our work and goal-setting.

6. Approve Resource Guide promotional card design

Thanked subcommittee member Gaby Treviño (BRUSHE) for volunteering to draft (and re-draft!) the design of the piece for Subcommittee review and discussion.

Group felt that larger 4x6 card size is preferable (can be a handout but also visible when posted to a bulletin board) Last meeting, Subcommittee reviewed concept; this meeting, we finalized size and text, with English and Spanish content on one card based on feedback from HCO.

Suggestions included shorten bit.ly link, delete extra words/make text as concise as possible, add PPSD logo in bottom left, and use bullet points for “fine print” text, use different color for English text vs. Spanish text.

## **PLANNING**

7. Discuss Resource Guide distribution plan

Dissemination and social media promotion again raised and discussed briefly by Subcommittee. Student suggestion to provide digital version to schools for including on TV announcements. Student suggested engaging RISD students for future art/design projects.

Resource Guide Promotional Card (with feedback to be incorporated) approved by Subcommittee.

8. Schedule remaining 2019 meetings

Meetings will continue through 2019 on the 2nd Thursday of every month, 4-5pm at PPSNE (thank you PPSNE for hosting us!)

**Meeting schedule:**

- **June 13<sup>th</sup>**
- **There no meeting in July**
- **August 8<sup>th</sup>**
- **September 12<sup>th</sup>**
- **October 10<sup>th</sup>**
- **November 14<sup>th</sup>**
- **December 12<sup>th</sup>**

9. Announcements

Tabled for time. Subcommittee members welcome to email the group with anything pressing

**ADJOURN**

10. Adjourn Meeting

**A motion was made to adjourn the meeting at 5:04 PM  
MSV- Sou, Treviño (10-0) MOTION APPROVED**

*Meeting minutes submitted by Quigley-Harris*