



Health and Wellness

Healthy Relationships Subcommittee

The PPSD Healthy Relationships 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 the 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 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 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

August 8, 2019

CONVENE MEETING

1. The meeting was called to order at 4:04 PM

Subcommittee Members Present: Co-Chair Krista D'Amico (RICADV), Co-Chair Jennifer Quigley-Harris (PASA & RIHSC), Jolayemi Ahamiojie (RIDOH), Joyce Bernau-Enriquez

(PPSD), Rachel Newman Greene (HCO), Michelle Soto (PPSNE), Solight Sou (PPSD), Johnson Thomas (Day One)

APPROVE AGENDA

2. Approve Agenda as presented

A motion was made to approve the agenda as presented

MSV – Thomas, Ahamiojie (8-0) MOTION APPROVED

APPROVE MINUTES

3. Approval of June Minutes – June 13, 2019

A motion was made to approve the minutes

MSV – Thomas, Ahamiojie (8-0) MOTION APPROVED

SUBCOMMITTEE UPDATES

4. Welcome and introductions

5. Health & Wellness Committee July 24th meeting update

Krista reviewed recent youth activism and systems change efforts featured recently in national and local media (Young Voices & HCO)

- <https://www.pbs.org/newshour/show/how-access-to-period-products-removes-a-barrier-to-education>
- <https://turnto10.com/station/champions-in-action/young-voices-gains-visibility-as-champion-in-action>
- <https://www.providencejournal.com/news/20190530/providence-students-raise-concerns-before-city-council-school-department>

Rachel confirmed that menstrual hygiene products will be stocked in all MS and HS this fall – gender neutral and female bathrooms.

Joyce wanted to bring everyone's attention to the no-pass policy that was in place last year in her high school. These blanket policies can have an effect on school climate, even if policies are created and implemented with the best intentions. They are often created by those not fully aware of the implications (i.e., male administrators).

Krista let Subcommittee know that our Action Steps grid was called out at the larger district meeting as a usable, institutional, work-tracking example that was shared with other Subcommittees in case they found the template helpful.

H&W Committee discussion also touched on the Health Curriculum and the H&W Committee's role in advising on it (it is reviewed every year and revised as needed).

Might be opportunity for HR Subcommittee (as discussed in our previous meetings) to advise future curriculum improvements.

PD that is helpful was also mentioned at the larger district meeting – something for our Subcommittee to continue to think about as a helpful resource for all Health teachers. Krista passed out the new Resource Guide cards at the meeting. Ellen from HCO shared anecdote of being able to provide link to Resource Guide to someone in the district to help answer their questions.

PLANNING

6. Discuss of Resource Guide Distribution Plan

Resource Guide cards have been PRINTED! 25,000 copies. All Subcommittee members are encouraged to pass them out to effectively distribute these to students, Health teachers, and other PPSD staff. Solight is best point of contact to support this. Please HELP get these to the right places in all PPSD MS, HS, and community organizations. Solight shared that JSEC and Gilbert Stuart have already received the cards. Cards that have been distributed so far have been incredibly well-received – huge help that the Resource Guide itself is aligned with current curriculum and that cards have very distinctive design and size (thank you again Gaby and HCO!).

Ideas for distribution (more welcome!!):

- Back-to-school orientations (Solight offered to deliver cards & one-pagers to Donna & schools in August)
- “Nuts-and-Bolts” with Principals (other avenues?)
- Student councils
- Student advisory groups
- Student wellness committees
- Students in Instructional Leadership Teams (ILT) – through Principals
- School culture coordinators
- Guidance counselors and social workers
- Nurses and Health teachers (through Donna)
- New SEL staff person in September

HCO and Co-Chairs will cross reference list of community partners that helped distribute menstrual products with Subcommittee organizations to create distribution list. Each can start with 500.

Solight received Word version of Resource Guide one-pager (attached) to help with distribution; may be useful for Subcommittee members as well.

Krista and Jennifer will work on finding an intern to help check all the links, check to see which websites have a dedicated Spanish language version of their site, and also translate the introductory language into Spanish with assistance from PPSD.

Subcommittee members took cards with them. Inventory lives in Rachel's office in City Hall.

7. Announcements

"Choose Love" Train-the-Trainer session being offered by RICADV on 8/27, 1-4:30PM – FREE

"Choose Love" is evidence-based SEL curriculum; Krista will share registration link
RICADV Training Calendar from Krista – www.ricadv.org/training

SCHEDULE OF REMAINING MEETINGS FOR 2019

Standing meetings are the second Thursday of every month, 4-5 p.m. at PPSNE, as follows:

- **September 12th**
- **October 10th**
- **November 14th**
- **December 12th**

ADJOURN

8. Adjourn Meeting

A motion was made to adjourn the meeting at 4:55 PM

MSV – Ahamiojie, Thomas (8-0) MOTION APPROVED

Meeting minutes submitted by Quigley-Harris