



MINUTES

Health and Wellness Physical Activity and Nutrition Subcommittee Meeting

797 Westminster Street, PD Tech Room
Providence, RI 02903

January 22, 2020

CONVENE MEETING

1. Co-Chair Grossi called the meeting was called to order at 4:06 p.m.

In attendance: Linda Grossi, Karin Wetherill, Paula Paolino, Ellen Cynar, Rachel Newman-Greene, Solight Sou

APPROVE AGENDA

2. Approve Agenda
**A motion was made to approve the agenda as presented
MSV- Newman-Greene, Wetherill (6-0) MOTION APPROVED**
3. Approval of Minutes -- November 12, 2019
**A motion was made to approve the minutes
MSV- Newman-Greene, Wetherill (6-0) MOTION APPROVED**

SUBCOMMITTEE UPDATES

4. Co-Chair Update
Sou announced that the Physical Health & Nutrition Subcommittee has received an official resignation from former co-chair Kate Messier. Sou will serve as interim co-chair to support Grossi until an external co-chair can serve.
5. Goal Review
Grossi stated the subcommittee still needed to identify their goals. In the past, the subcommittee had dedicated their time to 1 nutrition goal and 1 physical activity goal at the secondary level.

Grossi referred to previous accomplishments such as distribution of Harvest of the Month posters in cafeterias, participation in the Let's Move program, and cafeteria taste tests.

Thomaidis inquired about the possibility of utilizing current technology and smartphones to have a District challenge. Sou noted that the Wellness Policy strives to be equitable and inclusive, and that not every student in Providence has a cell phone. The subcommittee would also have to consider the needs of differently abled students as well.

The subcommittee agreed to look into grant funding and similar initiatives to increase movement at the secondary level, including but not limited to supporting teachers with physical activity breaks integrated into classrooms at all grade levels, and utilizing outdoor learning spaces as well.

Sodexo representatives agreed to support nutrition efforts through Harvest of the Month posters and taste tests as in the past. Newman-Greene stated that there were multiple opportunities available through the H&W metrics, Green Schoolyards Initiative and the district's Farm to School program.

No goals were finalized and it was agreed to revisit school year goals at the next meeting.

REPORTS

6. Food Services RFP Subcommittee - Report on Food Services Management Contract metrics and evaluative measures – Reported by Rachel Newman-Greene

PLANNING

7. Discussion relative to nutrition concerns from partners and educators
Paolino presented on concerns regarding school meals, specifically around breakfast and sugar content.

ADJOURN

8. Adjourn Meeting
A motion was made to adjourn the meeting at 5:00 p.m.