

Chariho Regional School District

Health and Wellness Subcommittee Minutes of October 6, 2009 Administration Building Conference Room

Present: Nancy Fischer, Leah Arsenault, William Day, Francis Sayer, Annie Stoehr, Peg Toth, Kelly Whalen, Thomas O'Horo (Blue Cross), Cathy Moffitt, Carole Toselli (Kids First)

I. Call to Order: Bill Day called the meeting of the Health and Wellness Subcommittee to order at 4:04 PM.

II. Approval of Minutes of April 21, 2009: P. Toth made a motion, seconded by L. Arsenault, to approve the minutes. In favor: Unanimous.

III. Report from Food Service Director: Annie Stoehr reported that a more appealing whole wheat bread was now being served; reaction from students has been positive. Also, healthy food bars are now available in all schools. Farm to School (F to S) is very active in RI and segments of this program will soon be offered in the Chariho cafeterias. A mini Harvest Fest will be offered at the Middle School.

IV. Presentation to SC of Five-Year Vision and Plan (P. Weremay): Due to Peter's resignation from the Health and Wellness Subcommittee, no presentation was available. Cathy Moffitt and Peg Toth will consult with Peter.

V. Richmond School Project to Reduce Food Waste: Carole reported that no progress has been made on this project. URI interns were not available to support this initiative.

VI. Discussion of Staff Wellness Activities: Thomas O'Horo spoke about staff wellness activities; he is working through the school-nurse teachers. Mini-Blue is a no cost program designed to support staff wellness. The program, with union support, will be coordinated by the school nurse teachers. Robin Charlonne will be the Blue Cross representative; she will attend subcommittee meetings.

VII. Adjourn: Bill Day adjourned the meeting at 4:48.

2009-2010 Meeting Schedule: 10/6, 12/1, 3/2, 5/18