

# Reports

**Chariho Regional School District**  
Health and Wellness Subcommittee Meeting - October 4, 2022  
Chariho High School Library

**I. Call to Order**

Meeting called to order: 4:01 PM

In attendance: Sharon Martin, Cathy Moffitt, Karin Wetherill, Gina Picard, Michael Comella, Lisa Manlove, Erin Plucinski, Cheryl Moreau

**II. Approval of Minutes for May 10, 2022**

*Motion to approve: Cathy Moffitt, Sharon Martin seconded the motion*

*Vote in favor: Unanimous*

**III. Review of Membership**

*Committee introduced themselves*

**IV. Report from Food Service Director**

*New lead for Chartwells. Just 3 vacancies remaining. Tastings in Richmond will be starting on October 21st. Karin said that they would still consider other schools as long as there is strong interest from the schools' faculty and staff. There was interest from some principals at the May meeting. Sharon will continue to promote the program with her colleagues. Karin said that Chartwells does not have the staff to implement. Parent support would help at the schools. Linda mentioned that this supports the district goal of increasing community involvement. Karin mentioned that the fall offers many vegetable options for schools. Cathy will mention the program at the Charlestown PTO meeting tonight.*

**V. Discuss Health and Wellness Goals for 22-23**

- **Continuing to expand community and school resources to support mental health support for students and staff**
  - *Gina reported out on the progress of student supports at schools. Peer-to-peer mentoring started last week with training at URI. Students will report back at the December meeting. RIDE reached out to the district to be included in a student support grant. This is a four-year grant to increase support for students. The goal is to continue our partnership with ESS.*
  - *Therapy dogs are now going to all the elementary schools*
  - *ESS started their training on September 13th. Clinicians are in place at the middle and high school.*
  - *Sharon asked about supports at the elementary schools. Gina explained that support is based on data and need. There is also a strategy with ESSER funds to create school-based teams to support student wellness.*
  - *Dr. Manlove asked about supports for teachers. Gina explained that the district utilizes EAS for teachers.*
- **Increase participation on the Health and Wellness Committee to include student voice**
  - *Kaitlyn Palmer is the student liaison. She is a senior at CTC. Gina mentioned that we should add someone in January so that they can transition when Kaitlyn graduates. Sharon has a health and wellness student position on her student council.*

- **Expanding the farm-to-school program**
  - Karin reminded us that October is national farm-to-school month. There are two campaigns: one is the apple crunch. Richmond is participating in this. It takes place on Thursday, October 19th at 12:00 pm. There are classroom integration ideas, family flyer to be shared, post videos or photos.
  - There will also be a Go Local Pledge. There are additional federal dollars coming through local school-food providers. RI did not continue to offer universal free breakfast and lunch. Chery mentioned that Chartwells is on the fourth round of federal monies. West Warwick hired a stipend coordinator to support family awareness and support to apply for free and reduced meals.
    - Dr. Manlove asked about the number of students enrolled.
    - Karin mentioned that when more students take advantage of this then that increases the reimbursements to the schools.
    - Pledge to make more local purchases
  - Recess Rocks: Sharon said that Richmond has been implementing it for many years. It involves training staff, incorporating a game of the week. Training will take place in November. Richmond and Hope Valley will participate. Two full days of core training. Principal, PE teacher, Teacher Assistants. It's about kindness and conflict resolution on the playground. The Play Works trainer will visit schools to observe and give feedback. Also provide a training for indoor recess.

## VI. Adjourn

Motion to adjourn: Dr. Manlove; Seconded by Cathy Moffitt; Unanimous vote.

Upcoming Meetings:

- December 6th, 2022
- March 7th, 2023
- May 9th, 2023