

**Barrington School Committee  
Health and Wellness Committee Meeting, November 7, 2018  
@ Barrington Middle School Presentation Room**

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**Minutes of Health and Wellness Committee Meeting 11.7.2018**

Present:

School Committee: John Alessandro

Administration: Dr. Paula Dillon

Educators: Erica Bulk, Corey Downey, Denise Flores, Joanne Royley,  
Patricia Tolento, Tracey Whitehead, Denise Alves

Parents: Melissa Coen, Dr. Michael Elliott, Michael Blundin, Anil Skukla,  
Lindsey Tavares, Amber Yui, Gina Bae, Jessica Allen,  
Dr. Bahar Bilgen, Dr. Amy Nunn

Student: Jordan Sullivan

Community Partners Representatives: Kimberly Orr and Nancy Roberts, Chartwells

Guest: Sara Patterson, Chartwells

Absent: Karin Wetherill

- A. **Pledge of Allegiance** - John Alessandro led
- B. **Approval of Minutes:** October 10, 2018, Pat Tolento voted to approve and Tracey Whitehead seconded. Unanimous
- C. **Highlights of Committee Reports**
  - a. **Bay Team** - Brochure - You Should Know - The dangers of e-cigarettes Presentation at BMS on 12/3. RI Foundation It's Time to Talk Jan 27 2-4pm at the Library
  - b. **Chartwells** -focus on local foods at the schools. Harvest Meal on 11/13 and a buffet at HMS
  - c. **Nurses Report** - Flu Clinic at Sowams School 4:30-6 on 11/7 for all community members at no charge. Nurses attended Boston Children's Conference on Trauma and Children Brain Development. Talked about developing an emergency response team as a next step to the triage training.
  - d. Rhode Island Healthy School Coalition - Karin is not present. The breakfast was a great success and BPS was recognized for 100% participation in Playworks. We are working on having the psychologist that presented to come to the district to talk about student stress.
- D. **Old Business**

No old business

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**New Business**

- a. **Chartwells Menu** - Presentation by Sara Patterson, the dietician from Chartwells. Also Kim the food service representative and Nancy Roberts, the regional dietician. The menu and the nutrition labels are available through [Nutrislice](#).  $\frac{1}{3}$  of the daily requirements. 5 components must be provided. We provide an offer vs. serve program. We must meet the weekly requirement not the daily requirements for the subgroups. Offer vs. serve is to prevent waste and to increase student choice. Parents indicate that the way things are offered matter. BPS will be looking at that with the Smarter Lunch Scorecard to address how student choose based on how items are placed and signage.
  - i. Protein
  - ii. Grain - whole grains
  - iii. Vegetables - Chartwells will provide the vegetable subgroup list. There is a cold fresh/raw vegetable each day and then a hot which may be frozen or canned. Middle School and High School also have an extra-extra station to meet the subgroups through student choice.
  - iv. Dairy
  - v. Fruit
- b. Chartwells uses the guidelines to create the menus. They receive subsidies to help support the program and Chartwells decides what to accept. The list is provided by the State for Chartwells to select from for the menu development. Parent questions how much we receive for subsidies and questions why we still offer chocolate met. Parents also ask about removing some of the breakfast items and snack items as junk food items. Chartwells indicates that we can work together to rework the menus, but can't commit to making 100% changes.
- c. Snack guidelines - competitive food and beverage guidelines. In RI snacks can only be whole or cut fruit, a fruit or vegetable side dish at the elementary school. Elementary can only receive milk and water. There are options including seltzer etc at the middle and high. There is a [Smart Snack Calculator](#) that is used. Chartwells is required to use the guidelines when ordering. Today we can create a plan for moving forward.
- d. Doug Fiore is the liaison to Chartwells. Mike Messoro recommends a work group to work out a plan regarding the lunch program. A parent suggests a standing lunch menu committee, but Chartwells indicates that this would be a challenge because it is an ongoing process that includes required recipes that address allergies. A parent suggests looking at the International

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e. Charter School lunch program such as Meatless Mondays, Try It Tuesdays (healthier new items with an I try it sticker), milk only once a week. Chartwells just took over that school. They also do no lunch meats or processed meats. Chartwells is working on [Menus of Change](#) to include healthier choices on the menus. They have a five-week rotating menu to allow for ordering and to try new things with the students. Research shows that children need at least 20 neutral exposures is what increases student healthier choice.

f. School Lunch – Smarter Lunch Scorecard – Cornell University - to be included in the subcommittee meeting. Only the middle school reached the gold level and the scorecards can be included

Parent requests motion to have a subcommittee to work with Chartwells, another parent seconds, and is passed. Chartwells expressed willingness.

A parent wonders about the choice patterns of students. Parents can see the data in Myschoolbucks. Parents who don't use MySchool Buck can still access and view their child's purchases.

77% of students are buying chocolate vs standard and parents would like to know what is happening with snack purchases. The issue is added sugar amounts and that is one of the areas that need to be addressed. Another parent wants more information about what counts as a grain - intact vs as included.

Discussion that BPS are able to move beyond the USDA requirement. USDA indicates that any snack item that is 35% or less of sugar is allowable.

Paula recommends that an application goes out to the health and wellness committee to apply to be on the school lunch menu.

Parents asked about artificial sweeteners - Chartwells indicates that it is not allowed in RI. Chartwells will ask for a formulation form and will get clarification.

A parent asked about Styrofoam trays. The middle school does not use the styrofoam. BPS needs to repair the dishwashers for plastic trays. BPS is also looking at moving to the trays that are in the middle school. There is an equipment cycle for replacement.

A parent also expressed a concern regarding the length of school lunches creating stress.

Parent requests paper agendas and printouts of all materials for future meetings

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**For December 5th meeting at 8:30 am**

1. Transportation and School Start - including an update of where we are
2. Structure and organization of the Health and Wellness Committee
3. Proposal to begin a school lunch task force that includes the menus, the presentation, the scorecards, time for lunch, and the financials regarding menu items and sales, equipment, and subsidies.

**Barrington Town Hall is accessible to the handicapped. Individuals requiring any accommodations for disabilities must notify Barrington Public Schools at 401-245-5000 (TTD 401-247-3750) not less than 48 hours in advance.**

**Posted November 2, 2018, at 11:00 a.m at Barrington School Administration, Barrington Town Hall, and Rhode Island Secretary of State website.**