

Smithfield Public Schools
Wellness Committee Annual Report
June 2022

Smithfield's Wellness Committee is comprised of 26 dedicated members representing parents, teachers, nurses, administrators, food service personnel, local farmers, and community groups. The committee, co-chaired by Rose Marie Cipriano, School Committee Chairperson, and Sara Monaco, Assistant Superintendent, met 3 times this year.

Accomplishments of 2021-2022

1. Adolescent Sexual Health Subcommittee - This subcommittee organized professional learning opportunities for staff at the middle and high schools facilitated by Dr. Perez on the needs of LGBTQ+ youth. Dr. Perez also held a community forum on October 13, 2021. In addition, Gallagher Middle School began a GSA (Gender and Sexuality Alliance) which meets every other week. The committee also provided families with information on the Right Time App created by the RI Department of Health.
2. Farm-to-School Initiative - A subcommittee implemented the year 2 activities articulated in the Farm-to-School grant:
 - a. Procured a smoothie bicycle that has been used to promote local dairy, fruits, and vegetables
 - b. Held student tastings at the schools highlighting local kale, apples, yogurt, fish, and asparagus
 - c. Sponsored elementary field trips to local farms
 - d. Completed the design of the elementary cafeteria graphics to support the farm-to-school connection
 - e. Distributed take-home recipe kits to families at each school featuring local ingredients

Members of the subcommittee will attend the Northeast Farm to School Institute in Vermont on June 28-30 to develop an action plan for future farm-to-school activities.

3. Staff Newsletter and Wellness Opportunities - The committee worked closely with the Trust to expand wellness opportunities for faculty and staff. Monthly opportunities included the "Nourish!" Weight Loss Challenge, the Walking Challenge, and a variety of virtual Health Matters classes.

Goals for 2022-2023

1. Health Curriculum - Once RI approves new health standards this summer, a team will convene to update the Smithfield health curriculum.
2. Farm-to-School Year 3 - The subcommittee will implement the plan developed at the Northeast Farm to School Institute. The goal is to continue and expand opportunities for students and families. Smithfield will also be featured as a site visit location for the 2022 USDA Grantee Gathering which is taking place in Boston this September.

3. Health Equity Zone (HEZ) - This subcommittee will work with the Tri-County Community Action Agency to expand the HEZ in Smithfield.

2021-22 Exceptions to the Wellness Policy

In accordance with the Wellness Policy, all schools must report any foods and beverages that are served during the school day which do not comply with the nutrition guidelines. The Wellness Committee reviewed the list which can be found below. It is important to note that the faculty and staff in Smithfield utilize a variety of techniques to reward and recognize students such as additional recess, fitness breaks, and classroom spirit days.

Wellness Food and Beverage Exceptions

LaPerche Elementary School

Date	Time	Event	Food Served	Grades
April, May	Morning	RICAS testing	gum, hard candy (mints, jolly ranchers)	3-5

Old County Road Elementary School

Date	Time	Event	Food Served	Grades
6/14/2021	1:00-2:30	Field Week kick-off	KONA ice frozen treats	K-5

Pleasant View Elementary School

Date	Time	Event	Food Served	Grades
April, May	During testing	RICAS stamina boost	organic gummy bears & cheddar goldfish	3-5
6/17/22	During the day	Field Day	Kona Ice	K-5
6/21/22	Afternoon	Kindergarten Celebration	Freeze pops	K
6/22/22	Afternoon	Growing Greatness & DARE Celebration	TBD	5

Gallagher Middle School

Date	Time	Event	Food Served	Grades
3/11/2022	12:30 PM	Independent Reading Book "Recipe" Activity	Teddy Grahams	6- Team Dream

Smithfield High School

Date	Time	Event	Food Served	Grades
1/4/2022	10:00	Class Lesson Hillery	Candy	11
1/27/2022	10:30	End of course celebration	Cookies	9-12
4/29/22	11:30 -1:00	Senior Food Trucks	Mexican, IceCream	12