

Breakfast for School Wellness Leaders 2021



10/19/2021

7:30-10:00 AM



GARDEN
PAVILION

*Crowne Plaza
Warwick RI*





Investing in the health of our children.

Our children are Rhode Island's future business leaders, public servants, healthcare workers, and teachers. That is why we're committed to helping them live healthy, happy, and productive lives.

Blue Cross & Blue Shield of Rhode Island is grateful to partner with the Rhode Island Healthy Schools Coalition.

It takes a team

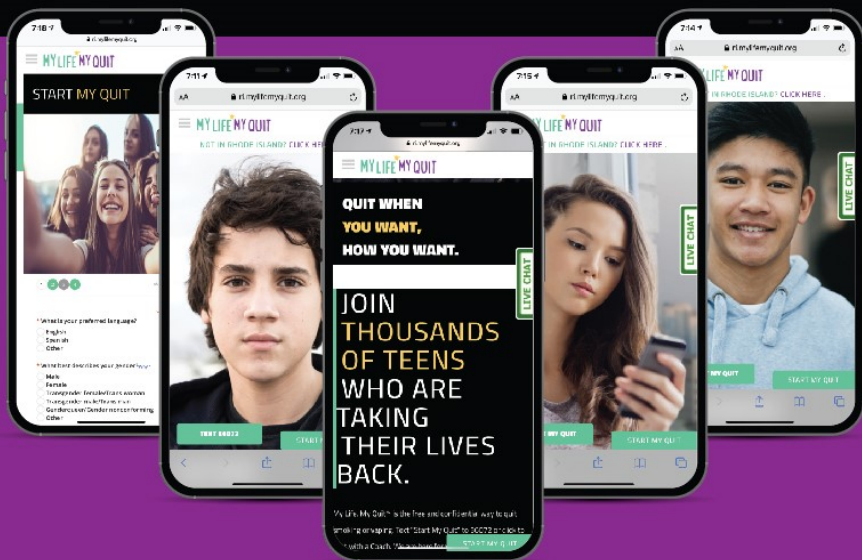


**Blue Cross
Blue Shield**
of Rhode Island

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross Blue Shield Association.

Providers, educators, and any school support staff can refer teens for free nicotine dependence treatment and resources. Certificates are provided to teens who complete all virtual counseling sessions.

MY LIFE MY QUIT™



To refer teen patients for free tobacco cessation services, visit mylifemyquit.com and select “resources for healthcare professionals”.

Teens may also text **“START MY QUIT”** to **36072**.

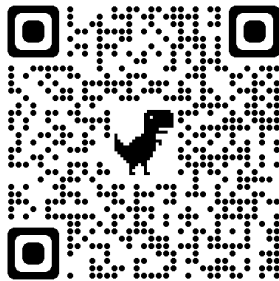
My Life My Quit promotional images and cessation services are provided by National Jewish Health, with support from the Rhode Island Department of Health.



Participate in our Group Surveys

Simple instructions to play along this morning!
We'll tell you when:

1. Open Mentimeter (www.menti.com):



2. Type in the code on the screen
3. Answer the multiple choice question
4. Look for instant results on the screen!

MENU

Breakfast Plate

Roasted Vegetable Frittata Muffin

with vegetables from *Confreda Farms*

Potato & Butternut Squash Hash

with potato and butternut squash from *Confreda Farms*

.....

Family Style

Fresh Fruit

including apples & peaches from
Barden Orchard and *Belltown Farm*

Narragansett Creamery Yogurt

with house-made gluten free granola, berries,
maple syrup and *Aquidneck Honey*

House-Made Sweet Bread Baskets

with apples from *Barden Orchard*
and zucchini from *Confreda Farms*

.....

TRY IT

Locally Produced Oat Pudding Parfait

FreshPrep

.....

Orange Juice / Coffee and Tea

Cream/milk from *Rhody Fresh*



***WE ARE COMMITTED TO MAKING ALL RHODE ISLAND
SCHOOLS HEALTHY PLACES FOR CHILDREN TO LEARN,
GROW AND THRIVE.***

We do this by building a community of partner organizations to support school wellness efforts. Our outreach, technical assistance and communications inform and help school stakeholders through the use of resources and tools, workshops and programs, funding opportunities, and best practices.

Contact us: info@rihsc.org

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STAFF

Kelly Swanson, Co-Director

Karin Wetherill, Co-Director

STEERING COMMITTEE 2021

Mary Anne Roll, Co-Chair
School Committee Member
Lincoln Public Schools

Jane Vergnani, RDN, LDN, Co-Chair
Nutrition Specialist
New England Dairy

Andrew Viveiros, Treasurer
Project Manager
Sodexo

Solange Morrisette
District Manager
Chartwells

Carolyn Belisle
Managing Director
Corporate Social Responsibility
Blue Cross & Blue Shield of RI

Deborah Obalil
President & Executive Director
Assoc. of Ind. Colleges of Art & Design

Ayana Crichton
Sr Dir. of Strategic Partnerships for
Mission Programs
Mystic Aquarium

Paula Paolino, MAT, RD, LDN
SNAP-Ed Nutrition Educator
University of Rhode Island

Linda Mendonca, MSN, MEd
State School Nurse Consultant
RI Department of Health

Jessica Patroliia
Child Nutrition Programs Coordinator
RI Department of Education



New England
Dairy

FUEL GOOD IN YOUR COMMUNITY AWARD

Make a difference in your community!

New England dairy farmers are an essential part of New England and recognize the importance of building stronger communities. They give back in many ways including producing nutrient-rich dairy foods, taking care of their land and supporting youth wellness programs in our region. This school year, New England Dairy and the dairy farm families of New England are recognizing youth who are making a difference in their communities. Select students will be featured on our website and social media channels.

We know you see students fueling good in schools and communities every day. Help us recognize these students' excellent work by nominating them for our Fuel Good in Your Community Award.



Scan the QR code below to nominate one or more students, 13 and older, by simply filling out our quick nomination form. Please note that students' work to give back to their communities does not have to be specific to the Fuel Up to Play 60 program. Examples could include things like volunteering at a local nursing home, picking up trash in a park, or fundraising to support a charitable cause.

Select nominees will be recognized with a \$500 mini grant to make healthy changes in their school and other fun prizes.



Exhibitors

**Remember to visit and support our exhibitors—all
have valuable information to share with you!
There is time before and after the speaking program.**

**Please refer to your “Exhibitor Guide”
for more details.**

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American Heart Association	RIAPERD
BeSMART Campaign	RI Association of School Principals
Chartwells	RI Certified School Nurse Teachers Assoc
Farm Fresh RI	RI Department of Education
Find Your Bold	RI Department of Health
F.I.T. Club	RI Farm to School Network
Girls on the Run RI	RI Food Policy Council
Gotham Greens	RI Parent Information Network
Johnson & Wales University	RI PBS Education Services
Lifespan Comm. Health Institute	RI Regional Coalitions
My Life My Quit (RIDOH Tobacco Control Pgm)	RI Resource Recovery Corp
New England Dairy	RI Schools Recycling Club
Neighborhood Health Plan of RI	RI Student Assistance Services
No Kid Hungry/Share Our Strength	SafeBAE
Parent Support Network RI	Shri Service Corps
Planned Parenthood of SNE	UnitedHealthcare
Providence Comm. Health Centers	URI Community Nutrition Education
Recess Rocks in RI (Playworks/BCBSRI)	Yale Center for Emotional Intelligence
	YMCA Alliance of RI

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**Virtual Exhibitor
Marketplace**





The Problem: Childhood Hunger in Rhode Island



17%
of children (1 in 6) are projected to face hunger
in Rhode Island in 2021¹



14%
of children were in food insecure households in
Rhode Island in 2019¹

The Solution: Strengthen Nutrition Programs

School Meals

75,182

The number of Rhode Island students eligible for free and reduced-price school meals in 2019²

Summer Meals

**ONLY
16.7%**

of summer meals reached eligible Rhode Island children in 2019³

Afterschool Meals

In FY 2019, the # of after-school meals/snacks served in Rhode Island was just **13.19%** of free or reduced-price school lunches⁷

Federal nutrition programs connect children to the food they need, but many are vastly underutilized. Let's eliminate barriers and maximize participation!

How can you take action?





PLAYWORKS **RIHSC**
Blue Cross Blue Shield
of Rhode Island

Recess Rocks in RI
#RecessRocksinRI

Join **#RecessRocksInRI**
and get your school in the
game this school year.

For more information contact
JESSI.JASPER@PLAYWORKS.ORG



**Rhode Island
Certified School Nurse Teachers
Association**

**Nurse Specialists
in School Health**

**We Care for
Rhode Island's Children**



United Way of Rhode Island

Rhode Island ★
2-1-1™
Get Connected. Get Answers.



**RHODE ISLAND
SCHOOL SUPERINTENDENTS
ASSOCIATION**

*Charting the Course
for Public Education*



THINK

[RI]

CHOOSE TO EAT WELL

sodexo^{*}

QUALITY OF LIFE SERVICES

AGENDA



7:30–8:00 am

Registration & Exhibits

8:00–8:15 am

Opening Remarks & Breakfast Overview

Karin Wetherill

Co-Director, RI Healthy Schools Coalition

Jessica Patroliia

Child Nutrition Programs Coordinator, RI Dept of Education

8:15–8:20 am

Welcome Address

Ashish Jha, MD, MPH

Dean, Brown University School of Public Health

8:20–8:35 am


RI Farm to School is Alive & Growing!

**NEW RI Farm to School Network
& School Promotional Kit**

RI Governor's Farm to School Month Proclamation

Julianne Stelmaszyk

RI Director of Food Strategy



8:35–9:20 am

KEYNOTE ADDRESS

**Shifting From What's Wrong to What's Strong:
Helping Every Student to Succeed!**

Byron M. McClure, Ed.D, NCSP

Founder, Lessons for SEL

9:20–9:30 am

Activity Break: Recess Rocks in RI

Jessi Jasper

Pro Trainer, Playworks New England

9:30–9:45 am

**NEW RI Health Education Framework:
Skills Based Teaching & Learning**

Rosemary Reilly-Chammat, Ed.D.

School Health Policy & Program Specialist, RI Dept. of Education

Cathy Moffitt, Ed.D.

PE/Health Educator, Charlestown Elementary, Chariho

Executive Director, RIAHPERD

9:45–10:00 am

Networking & Exhibits

THANK YOU!

We would like to acknowledge
the following districts that reserved
a full table of attendees for this event:

Burrillville

Chariho

Coventry

Cumberland

East Greenwich

Foster Gloucester

Jamestown

Johnston

Narragansett

North Kingstown

North Providence

North Smithfield

Pawtucket

Portsmouth

Tiverton

West Warwick

Woonsocket

*We sincerely thank ALL participating school staff, both
in-person and livestream, for joining the program and
prioritizing health and wellness in your schools.*



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401.284.2900

West Greenwich

Distribution Center

30 ARNOLD FARM RD
WEST GREENWICH, RI 02817
401.392.4230

www.rochs.com



RHODE ISLAND COMMUNITY
FOOD BANK

It's not hard to understand that hunger impacts the education of our children. Thank you to RIHSC for fighting for a state where no child goes hungry.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NURTURING OUR YOUTH

At the Y, we know that a successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent, and healthy.



RHODE ISLAND YMCAS

Ys throughout the state offer programming such as child care, camp, before and after school enrichment, leadership opportunities, swim, instructional and team sports, play and so much more. Call your local Y for more information.

**YMCA of Greater Providence • YMCA of Pawtucket • Ocean Community YMCA
Newport County YMCA • Smithfield YMCA**



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Find Oral Health Resources for Schools!

Access these resources any time!

- Guidance for making referrals
- SEAL RI!
- Dental trauma decision tree
- Screening guidance
- Curriculum support
- And more!



health.ri.gov/oralhealth/for/schools

Help student athletes with concussions get back to learning with **REAP®**

Remove

concussed student from play

Educate

student, parents, school staff

Accommodate

student at school

Pace

the return to physical activity



Learn about REAP recommendations and guidance for school concussion protocols.

To get started, email doreen@biari.org.



**BRAIN INJURY
ASSOCIATION**
OF RHODE ISLAND

REAPconcussion.com

There's a New App in Town!



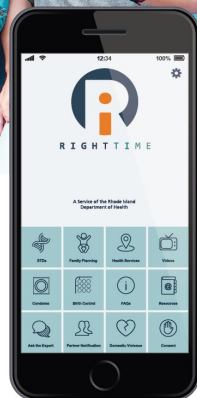
Download the RightTime app
for sexual health resources 24/7.



Download on the
App Store

GET IT ON
Google Play

righttimeapp.com



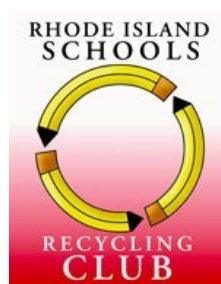
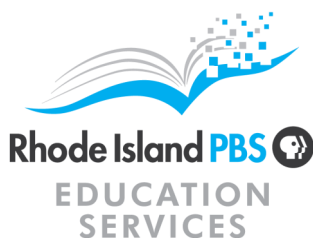
Our Partner Organizations



American Academy of Pediatrics, RI Chapter	RI Afterschool Plus Alliance
American Cancer Society	RIASPERD
American Diabetes Association	RI Association of School Committees
American Heart Association	RI Association of School Principals
Aramark School Nutrition Services	RI Certified School Nurse Teachers Assoc.
Blue Cross & Blue Shield of Rhode Island	RI Community Food Bank
BOKS - Build Our Kids' Success	RI DEM, Ag Division
Boys & Girls Clubs in Rhode Island	RI Department of Education
Brain Injury Association of RO	RI Department of Health
Chartwells School Dining Services	RI Families in Nature
City of Prov. Healthy Communities Office	RI Kids Count
Cranston Family Center/COZ	RI Middle Level Educators
CVS Health	RI Parent Information Network
Dorcas International Institute	RI Public Health Association
Empowerment Factory	RI Public Health Institute
EvanLEE Organics	RI Resource Recovery Corporation
Farm Fresh Rhode Island	RI Regional Coalitions
F.I.T. Club	RI School Superintendents Association
Girls on the Run Rhode Island	RI Student Assistance Services
Girl Scouts of Southeastern New England	RIASCD
Gloria Gemma Breast Cancer Foundation	Roch's Fresh Foods
Green Circle Design	SafeBAE
Johnson & Wales University	Shri Studio and Service Corps
Lifespan	Sodexo
Lifespan School Solutions	Sojourner House
Neighborhood Health Plan of RI	Taylor Hooton Foundation
New England Dairy	Thundermist Health
Nonviolence Institute	Tri-County Head Start
One Meal a Day for the Planet	Tufts Health Plan
Parents Across Rhode Island	UnitedHealthcare
Parent Support Network of RI	Urban Greens Food Co-op
Playworks New England	URI Community Nutrition Education
Progreso Latino	URI Extension Outreach Center
Providence Children's Museum	Whole Foods
Rhode Island PBS Education Services	Yale Center for Emotional Intelligence
Rhode Island PTA	YMCA Alliance of RI
RI Academy of Family Physicians	Young Voices
RI Academy of Nutrition and Dietetics	



RHODE ISLAND ASSOCIATION OF
SCHOOL COMMITTEES



Lifespan

Delivering health with care®



Our Keynote Speaker

Byron M. McClure, Ed.D.



Dr. Byron McClure is a National Certified School Psychologist (NCSP) and the Founder of Lessons for SEL (www.lessonsforSEL.com).

While he was Assistant Director of Redesign for DC Public Schools, Dr. McClure's work centered around influencing systemic change and ensuring that students from high-poverty communities have access to a quality education. He has done considerable work advocating for fair and equitable discipline practices for all students, particularly for African-American boys.

Dr. McClure has extensive knowledge and expertise in mental health, social emotional learning, and behavior. He has designed and implemented schoolwide initiatives around SEL, restorative practices, MTSS, and trauma responsive practices. He is very proud that these initiatives resulted in a Whole Child Award for his school in 2020.

Dr. McClure has presented across the country as a panelist and keynote speaker. He believes in maximizing everyone's limitless potential.



Rhode Island Association for
**Health, Physical Education,
Recreation and Dance**



MORE IMPORTANT THAN EVER

www.riahperd.org

Here for One Another

*Neighborhood is here for
our community.*

*We are proud to support
RI Healthy Schools Coalition*



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www.nhpri.org



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- ◆ Master of Arts in Teaching (M.A.T.)



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HEALTHY SCHOOL MEALS

fuel for success!



Healthy Kids. Healthy Communities. Healthy Rhode Island.
Niños Saludables. Comunidades Saludables. Un Rhode Island Saludable.

Rhode Island Department of Education CHILD NUTRITION PROGRAMS

www.ride.ri.gov/cnp



RIDE Child Nutrition Programs

The RI Child Nutrition Programs are federally assisted U.S. Department of Agriculture (USDA) programs that address hunger and promote good nutrition by providing nutritionally balanced, low-cost or free meals to children, ensuring that RI youth have access to healthy meals that support their well-being and their readiness for learning.

School Breakfast Program

(SBP) is a federally funded meal program that provides balanced, low-cost or free breakfasts to students across the country. Begun as a pilot in 1966, today 11.6 million students receive a nutritious breakfast each day through the program.

National School Lunch Program

(NSLP) makes it possible for all school children to receive a nutritious lunch every school day. Over 72,000 low-cost or free lunches are prepared and served in RI schools.

Summer Food Service Program

(SFSP), also known as the Summer Meals Program, was established to ensure that children continue to receive nutritious meals when school is not in session. When school is out, SFSP provides free meals to kids and teens in qualifying areas.

Child & Adult Care Food Program

(CACFP) helps care providers serve nutritious meals and snacks to the children and adults in their care. With over 1 in 5 U.S. children in a food-insecure household, CACFP plays a vital role in improving the quality of care for eligible programs.



Did you grab **breakfast** and **lunch** at school today?

USDA is an equal opportunity provider and employer.