

# **Wellness Committee Meeting**

## **Minutes: November 3, 2011**

### **River Valley LRC**

#### **Members Present:**

Sharon Bingen	Mary Gricus
Susan Carey	Debby Lynch
Denise Ciciura	Joanne Mitchell
Marg Cunningham	Bev O'Rozco
Melanie Earnest	Erin Szczepanski
Lynne Halper	Lisa Wright

The meeting began at 4:05 p.m.

A. Public Comments

None

B. Introductions

Members of the committee introduced themselves and explained their position or role on the committee (i.e., teacher, staff, parent, PTO).

C. Review and Approval of Minutes from April 14, 2011, Meeting

Mary Gricus made a motion to approve the minutes as presented. Melanie Earnest seconded the motion. By voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

D. Review of Committee's Charge and 2011-2012 Meeting Schedule

Mary Gricus reviewed the committee's charge noting that the primary purposes of the committee are to improve the school nutrition environment, promote student health and reduce childhood obesity. Dr. Gricus explained that the role of the committee is described in Board policy as well as in federal and state mandates. Committee members reviewed the meeting schedule for 2011-2012; no conflicts were identified.

E. Wellness Action Plan for 2011-2012 (Modifications from April, 2011)

The committee reviewed the modifications in the 3-year action plan that were recommended by the committee in April of 2011. Committee members reviewed the action plan items that are on the list for the 2011-2012 school year. The priorities that the committee identified for this year's work include:

Staff Survey: The committee reviewed the survey that members designed in April of 2011. A few modifications were made. The committee agreed that the survey should be distributed to staff prior to the fall break. Mary Gricus will make the updates and distribute the survey for staff input.

Nutrition Education Curriculum: Mary Gricus noted that Chartwells will provide nutrition education materials for the district's consideration. Denise Ciciura will do an initial review of the Chartwells materials and other online resources during the November 14<sup>th</sup> institute program. The development and implementation of nutrition lessons will meet the state mandate for nutrition education that is noted in our Board policy.

Family 5K Run/Walk: Committee members discussed fitness events that are already offered by the park district, the PTO and the schools. The committee wishes to avoid conflicts with other agencies' programs. Prior to the next meeting, committee members will consider ideas for enhancing current fitness events for students with a staff and/or family health or fitness connection.

Wellness Policy Evaluation: The committee discussed the new law which requires the evaluation of local wellness policies. The last policy evaluation was conducted in 2009, so, the Wellness Committee will conduct another evaluation by the end of the 2011-2012 school year.

Food Service Bid: See Agenda Item F below.

Adaptive Physical Education: Lynne Halper informed the committee that Item E from the 2010-2011 action plan has been completed. A schedule of adaptive physical education activities at the new park district pool for students with special needs has been developed in collaboration with the Lemont Park District.

F. Food Service Bid Process (Barbara Germany, Business Manager)

Ms. Germany informed the committee about the process and timeline for seeking proposals for our food service program. Ms. Germany noted that the Illinois State Board of Education directs the Request for Proposal process and must review and approve all proposal documents. The ISBE is offering webinars about the Request for Proposal (RFP) procedures during the months of November and December; Ms. Germany will participate in those webinars and provide updates to the committee, as appropriate. Wellness Committee members offered to provide assistance for the review of proposals and for collecting data from students, staff and parents. Lisa Wright offered to share the survey that was used to collect data from students during the 2008-2009 school year as part of her masters thesis project. Mary Gricus offered to develop online surveys for use with students, staff and/or parents. Student focus groups may also be considered. Ms. Germany will inform committee members how they may be of assistance as she learns more about the ISBE requirements in the months to come.

G. Resources from Action for Healthy Kids and Other Sources

The committee reviewed several articles and resources regarding student lunches and physical fitness activities for students.

H. Other Items from Members

None

Meeting adjourned at 5:10 p.m.

