

Wellness Committee Meeting

October 16, 2013

River Valley LRC

Minutes

Members Present:

Susan Carey	Mary Gricus	Tina Mehta	Shawn Ryan
Denise Ciciura	Tiffany Ingolia	Joanne Mitchell	Erin Szczepanski
Peggy Collins	Shirley Kleehammer	Bev O'Rozco	
Melanie Earnest	Lisa Koch	Aracely Rojas (guest)	

The meeting began at 4:03 p.m.

A. Introductions

New and veteran committee members introduced themselves and shared their interest in the committee.

B. Review and Approval of Minutes from April 11, 2013, Meeting

Motion made by Bev O'Rozco and seconded by Joanne Mitchell to approve the minutes as presented. By a voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

C. Comments from the Audience

None

D. Review of 2013-2014 Meeting Schedule

Committee members reviewed the meeting schedule. There were no recommendations for changes.

E. Wellness Committee Action Plan for 2013-2014

Mary Gricus led a review of the Action Plan activities for 2013-2014. Committee members decided to conduct the first seasonal staff walk on October 29th. Bev

O'Rozco took the lead for this activity and noted that she would send an invitation to all staff members within the next few days.

Mary Gricus and Denise Ciciura noted that the district's physical education teachers would have the opportunity to explore resources related to classroom movement breaks during the November 1st institute. Denise will report back to the committee at the December meeting.

Mary Gricus noted that the district staff Insurance Committee may invite this Wellness Committee to collaborate on staff wellness initiatives as part of the new staff insurance plan.

F. PTO Wellness Activities for 2013-2014

PTO members shared information about the 2013-2014 Family Fitness event, wellness displays in the schools and the PTO's interest in pursuing grant opportunities.

Committee members discussed possible sources for grant funding and ideas about the possible planting of a garden at one or more of our schools. Members agreed that it would be worthwhile to explore the possibilities for gardens.

G. Other Items from Members

Committee member Tina Mehta introduced Aracely Rojas, an intern in the Chartwells food service program. Aracely conducted a short presentation about the importance of fiber in the diet.

Melanie Earnest made a motion to adjourn. Motion was seconded by Tina Mehta. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:55 p.m.

