

Wellness Committee Meeting

Minutes: December 8, 2011

River Valley LRC

Members Present:

Sharon Bingen	Joanne Mitchell
Denise Ciciura	Bev O'Rozco
Melanie Earnest	Cathy Slee
Lynne Halper	Teresa Wise
Mary Gricus	Lisa Wright

The meeting began at 4:05 p.m.

A. Public Comments

None

B. Consideration of Approval for Minutes from Meeting on November 3, 2011

Bev O'Rozco 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.

C. Report: Review of Nutrition Curriculum Materials

Committee member Denise Ciciura reported on her review of the nutrition education materials from Chartwells and the USDA website that she conducted on the November 14th institute day. Denise noted that she marked some of the Chartwells materials for duplication so that we would have the materials on site for consideration by the K-8 PE/health team. She also shared that the materials on the USDA website were current and of good quality. Mary Gricus explained that the entire K-8 PE/health team will work together to outline a scope and sequence for nutrition education in all grade levels during the January 27th institute.

D. Report: Update Regarding Food Service Bid Process

Barbara Germany, Business Manager, informed the committee (through Mary Gricus) that she had participated in two state webinars regarding the food service bid process. Barbara indicated that the bid process would begin in January, 2012.

E. Action Plan: Staff Wellness Survey Results

Committee members reviewed the results of the staff wellness survey which was submitted by 130 staff members (of 205 total). Based upon the committee's analysis of

the results, the following activities were planned for the 2011-2012 school year:

1) Committee member Bev O'Rozco will organize a schedule for committee members to share a health/wellness "website of the month" with all staff members via e-mail, which was the preferred method of communication indicated in the survey results; 2) Committee members Sharon Bingen and Lynne Halper will organize an informal walking activity for Old Quarry while Melanie Earnest and Denise Ciciura will organize a similar activity for the Oakwood/River Valley campus beginning after winter break; 3) Joanne Mitchell will contact Chef Laura Valcour regarding offering a healthy cooking workshop on a Friday afternoon/evening in January or February; and 4) the committee will explore the possibility of sponsoring a walking activity to showcase the beautiful environmental areas in the community during the spring of 2012.

F. Action Plan: Student/Family Fitness Activities for 2011/2012

The committee members discussed physical activities that are planned for each school during the 2011-2012 school year. It was the consensus of the committee that Old Quarry students have adequate opportunities for physical activities through the sports teams; families also participate in other extracurricular activities which have a physical component (e.g., faculty/student basketball game, Relay for Life). A Fun Run is scheduled for the K-4 students this year, and Cathy Slee shared that Oakwood's PTO planned a family fitness event similar to one that was held last year. Cathy will talk with the PTO regarding expanding the planned Oakwood family fitness evening to include River Valley and a variety of healthy food options. Wellness Committee members offered to participate in the family fitness event, as needed.

G. Other Items from Members

Lisa Wright distributed samples of edible stickers that can be used to encourage children to try different fruits and vegetables. Teresa Wise explained that Chartwells would be offering samples of a variety of fruits and vegetables during the lunch periods in the coming weeks. Mary Gricus shared that she received information about wellness speakers from the Foundation for Wellness Professionals. Mary indicated that she will forward the link from this organization to committee members for consideration in planning the 2013 staff wellness institute.

Meeting adjourned at 5:03 p.m.

