

Wellness Committee Meeting

December 4, 2013

River Valley LRC

Minutes

Members Present:

Melanie Earnest

Mary T. Gricus

Shirley Kleehammer

Shawn Ryan

Erin Sczepanski

The meeting began at 4:00 p.m.

- A. Review and Approval of Minutes from October 16, 2013, Meeting
Motion made by Melanie Earnest and seconded by Shirley Kleehammer 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.
- B. Comments from the Audience
None
- C. Review and Planning: Wellness Committee Action Plan Activities 2013-2014
Mary Gricus led a review of the Action Plan activities for 2013-2014. Committee members noted that only a few staff members participated in the first seasonal staff walk that took place on October 29th. However, committee members agreed that more staff may be interested in a spring walk.

Mary Gricus reminded committee members that the district’s physical education teachers will continue to explore resources related to classroom movement breaks during the February institute.

Mary Gricus informed the committee that the park district may offer some special low to no cost fitness options for District 113A employees. Mary and Business Manager Barbara Germany will meet with a representative from the Lemont Park District in early January to discuss those options.

D. PTO Wellness Update

Because she was unable to attend the meeting, Committee member Susan Carey provided a written update about PTO activities. Committee members reviewed the update and provided the following input. Regarding the healthy eating food challenge, the PTO should contact Assistant Principal Shirley Kleehammer for implementation at Old Quarry. The committee also discussed the vegetable garden project and provided the following suggestions: 1) Designate a space near each school; 2) Focus on one grade level or team; 3) Student volunteers may be able to get NJHS or confirmation class service credit; 4) Make a connection with the local food pantries; 5) Obtain parent consent for student participation; 6) Provide gloves for students for health and safety reasons; and 7) Identify partners to donate services such as rototilling. The committee believes that vegetable gardens would be a PTO Wellness project at each school.

E. Other Items from Members

Member Shawn Ryan suggested that the PE teachers prompt students' participation in PE by using a checklist. This would be in alignment with the ISBE Enhanced PE Standards. Shawn Ryan also stressed the importance of the staff wellness institute. He suggested that the institute could focus on the value of movement and expand to include topics about student and staff mental health.

Melanie Earnest made a motion to adjourn. Motion was seconded by Shawn Ryan. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:30 p.m.

