

**Wellness Committee Meeting**  
**February 20, 2014**  
**River Valley LRC**

**unofficial**

**Minutes**

Members Present:

Susan Carey

Peggy Collins

Melanie Earnest

Mary T. Gricus

Shirley Kleehammer

Tina Mehta

Bev O'Rozco

The meeting began at 4:08 p.m.

- A. Review and Approval of Minutes from December 4, 2013, Meeting  
Motion made by Melanie Earnest and seconded by Bev O'Rozco 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 agreed to plan a spring walk through Waterfall Glen. With Bev O'Rozco's leadership, the committee will set a firm date at the April meeting.

Mary Gricus noted that the district's physical education teachers will continue to explore resources related to classroom movement breaks and share information with staff members during faculty meetings and inservice time.

Mary Gricus informed the committee that the park district offered discounted membership fees and free access to the park district walking track for full-time District 113A employees. Tina Mehta asked if Chartwells food service

employees would be included. Mary Gricus will ask the park district if the program can be offered to Chartwells staff.

D. PTO Wellness Update

Susan Carey reported that approximately 175 students and their families attend the PTO Family Fitness Night in February. A Healthy Eating Challenge will be distributed to K-5 students before the end of February. The purpose of the challenge is to encourage students to eat healthy foods all day. Susan shared that the PTO wellness team applied for a Garden Grant through Lowes. Grant funds would support a garden at River Valley School; Oakwood students may also participate in garden activities. The committee discussed ideas for expanding River Valley's garden to a community garden. Ideas included: Ask Home Depot to donate plants; explore an Ace Hardware environmental grant; contact Kathy Henriksen regarding open space in Lemont; and request the services of a Cook County Master Gardener to provide guidance for the building of the garden. Mary Gricus will provide contact information regarding a Master Gardener and Susan Carey may explore the other options with the PTO Wellness team as garden plans develop.

E. Other Items from Members

None

Tina Mehta made a motion to adjourn. Motion was seconded by Peggy Collins. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:33 p.m.

