

**Wellness Committee Meeting  
Minutes: February 9, 2012  
River Valley Room 15**

**unofficial**

**Members Present:**

Bridget Babinec  
Bev O'Rozco

Sharon Devoy  
Joanne Policht

Melanie Earnest  
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 December 8, 2011  
Melanie Earnest made a motion to approve the minutes as presented. Mary Gricus seconded the motion. By voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

C. Update: Food Service Bid Process  
Mary Gricus related that Business Manager Barbara Germany has participated in all of the ISBE-sponsored workshops related to the bid process. Teresa Wise noted that the bid documents were currently being reviewed by the district's attorney and will likely be sent to ISBE for final approval within the next month. Mary Gricus shared with the committee that students were in the process of completing surveys about our current food service program. Mrs. Germany will use the data from the student surveys, where appropriate, during the bid process.

D. Action Plan: Staff Wellness Activities  
Melanie Earnest reported that Oakwood and River Valley Schools would begin a staff walking program in the next few weeks. Melanie said that they will select a date and then walk a path inside the two-school campus, picking up participating staff members along the way. When the weather improves, Melanie suggested that the walking activity may move outdoors.  
Mary Gricus reported that the monthly "Wellness Website" has been distributed to all staff via e-mail during the months of January and February. Mary also noted that committee member Joanne Mitchell organized a healthy cooking class with Chef Laura Valcour for interested staff members. As of today's date, committee members had not heard confirmation that the class met the minimum requirement of participants.

- E. Action Plan: Student/Family Fitness Activities for 2011/2012  
Committee members Bridget Babinec, Sharon Devoy and Joanne Policht shared information about the initial plans for the Oakwood/River Valley family fitness event which is scheduled for March 22, 2012. The PTO is in the process of confirming activities that may be offered by the park district and other community individuals or groups. Committee member Teresa Wise volunteered to recruit Chef Ralph from Chartwells to do a demonstration or presentation on health food for kids. Teresa also offered to provide some samples of fruits and vegetables and/or do a presentation if Chef Ralph is not available. Other committee members volunteered to provide assistance with general organization, tickets, etc., on the evening of the event. Bridget and Sharon will provide an update and inform committee members of their responsibilities for the event during the March 8<sup>th</sup> Wellness Committee meeting.
- F. Review of Tools for Evaluation of Wellness Policy and Plan: *WellSAT and Wellness Policy Tracker*  
Mary Gricus reminded committee members that this is the year that we will need to do an evaluation of our wellness policy and procedures. Mary also noted that new legislation requires that the results of the evaluation must be reported to the Board of Education and posted on the district's website. Our district has been proactive in already addressing these requirements. The committee reviewed the two online evaluation tools named above. Committee members reached consensus that the WellSAT instrument from Yale University's Rudd Center would be the preferred tool to use in our upcoming evaluation process because the Yale tool was more concise and included understandable rubrics for the evaluation ratings.
- G. New Nutrition Standards for National School Lunch Program (Lisa Wright)  
Committee member Lisa Wright distributed information about the new nutrition standards for the National School Lunch Program. Teresa Wise explained some of Chartwells' current practices as they relate to the new standards. Lisa and Teresa pointed out the significant changes from the current standards and noted the challenges of meeting the new standards within school lunch menus.

Meeting adjourned at 5:03 p.m.

**Next Committee Meeting: March 8, 2012**

