

Wellness Committee Meeting

January 24, 2017

River Valley LRC

Minutes

Members Present:

Brian Bushnell Mary T. Gricus Peggy Knight Joe Tomasek

The meeting convened at 3:50 p.m.

Agenda

- A. Review and Approval of Minutes from October 18, 2016, Meeting.
Motion was made by Peggy Knight and seconded by Joe Tomasek 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 for Audience
None

- C. Wellness Action Plan for 2016-2017
 - Food Service Bid Survey Timeline
Mary Gricus informed members that Business Manager/CSBO Barbara Germany plans to disseminate the survey for the Food Service bid by the end of February.
 - Physical Breaks during Instructional Day
Members Joe Tomasek and Peggy Knight shared that they have provided resources about physical breaks to Old Quarry Middle School Principal Johnny Billingsley. Mr. Billingsley indicates that he will present the information to all staff at the next OQMS faculty meeting.
 - Staff Survey about District-wide Staff Fitness or Athletic Event/s
The committee reviewed the staff survey that was conducted in 2011. Committee members agreed that a fitness/sporting event could encourage comradery and friendly competition among staff members. It was decided that it would be more efficient to include several questions about a staff

fitness/athletic event on the Food Service survey rather than send a separate survey to staff. Survey items were developed. Mary Gricus will collaborate with Business Manager Barbara Germany to include the Wellness Committee survey items on the Food Service survey. Member Brian Bushnell offered to seek donations for prizes that could be used during a staff event.

D. Follow-up from 2015-2016 Discussions

Joint Wellness Event with Lemont High School or Park District
Item tabled.

E. PTO Wellness Update

No PTO member was present. Mary Gricus noted that the PTO Family Fitness event will take place on February 9th.

F. Other Items from Members

- Joe Tomasek informed the committee that the K-5 physical education department sent periodic messages to families about the importance of physical activity over winter break. The messages included links to YouTube videos and Go Noodle activities which focus on fun physical activities.

G. Adjournment

Brian Bushnell made a motion to adjourn. Motion was seconded by Peggy Knight. By voice vote of "aye/nay," committee members approved the motion.

The meeting adjourned at 4:18 p.m.

