

Wellness Committee Meeting

March 10, 2016

River Valley LRC

Minutes

Members Present:

Brian Bushnell

Susan Carey

Mary T. Gricus

Melanie Earnest

Michelle Iazzetto

Cathy Slee

The meeting convened at 3:51 p.m.

A. Review and Approval of Minutes from January 13, 2016, Meeting

Motion was made by Cathy Slee and seconded by Susan Carey 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 Audience

None

C. Wellness Action Plan for 2015-216

The following 2015-2016 action plan tasks were discussed by the committee:

Joint Wellness Event with Lemont High School: Cathy Slee introduced Monica Mockus, a representative from the Lemont High School's Wellness Committee. Monica described the 5K run/walk event for charity that the high school's committee has sponsored for the last six or seven years. The event typically takes place in late April or early May. Proceeds from an event t-shirt sale benefit Hope and Friendship Foundation. Cathy Slee will attend the high school Wellness Committee's meeting on March 16th. Our Wellness Committee decided that we would join with the high school to publicize the event among our parents and staff. Details will be posted in our schools and on our website.

Old Quarry Fitness Center: Mary Gricus reported that she checked with the building principal regarding any potential issues with staff using the Old Quarry Fitness Center. Though the principal did not anticipate any problems, committee member Michelle Iazzetto suggested that it would be a good idea to find out if the fitness center is used by any of the students who are enrolled in our sports program during after school hours. Mary Gricus will check with Assistant Principal/Athletic Director Shirley Kleehammer. When all of the details related to district liability and students' sports schedules are worked out, Mary will send a survey to the K-5 staff to ascertain interest for using the fitness center. Safety and sign-in procedures will then be developed.

D. PTO Wellness Update

Susan Carey reported that approximately 120 students and their families attended the PTO Family Fitness Night in February. Susan noted that there is a new group of PTO volunteers who organized this year's event.

E. Preview of 2016-2017 Wellness Action Plan

Committee members previewed the action plan items that are scheduled for the 2016-2017 school year. No changes were indicated at this time.

F. Other Items from Members

Cathy Slee met with a representative from the park district. The park district is willing to offer after school fitness classes for our staff. The park is sponsoring a 5K run on June 26th; they would be willing to help us organize a walking challenge or awareness walk (e.g., walk for cancer) for our staff. The park district also offered to send staff to do fitness stations with the elementary physical education teachers. Cathy Slee will work with our physical education teachers and the park district to schedule collaborative classes for our students in the spring. Cathy provided a flyer from the park district about the discounted registration rate for district employees. Mary Gricus will send the flyer to all staff with a reminder that the park district's indoor walking track is also available at no charge for our employees.

Member Brian Bushnell noted that we may want to consider offering healthy cooking classes. He also offered to make a connection with Massage Envy if we were interested in providing information about that vendor for staff. The Wellness Committee members shared details about the wellness institutes that were conducted in past years.

Michelle Iazzetto made a motion to adjourn. Motion was seconded by Melanie Earnest. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:17 p.m.