

Wellness Committee Meeting

Minutes: March 8, 2012

River Valley Room 15

Members Present:

Bridget Babinec
Bev O'Rozco

Susan Carey
Erin Szczepanski

Mary Gricus
Lisa Wright

Lynne Halper
Barbara Germany, guest

The meeting began at 4:05 p.m.

A. Public Comments
None

B. Consideration of Approval for Minutes from Meeting on February 9, 2012
Lisa Wright made a motion to approve the minutes as presented. Bridget Babinec 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
Business Manager Barbara Germany provided an update about the status of the food service bid process. She also shared summary data from the student and staff surveys that were conducted during the month of February. The committee reviewed and discussed the survey responses and offered suggestions for Ms. Germany to consider during the bid process (e.g., allowing staff to order lunch on the same day rather than the day before). Ms. Germany indicated that the ISBE will likely complete its review of our bid document within the next month. At that time, the formal bid process will begin.

D. Action Plan: Updates and Planning
Information regarding the OW/RV walking project was distributed to staff by Melanie Earnest; a program has not begun as of this date. Old Quarry's staff has indicated that they will use the OQ fitness center if they wish to do physical activity at school.

Committee members Bridget Babinec and Susan Carey provided an update about the activities planned for the Oakwood/River Valley family fitness event that will take place on March 22, 2012. Bridget and Susan noted that the Oakwood/River Valley PE teachers provided information about the equipment that may be used; volunteers will be needed to assist with the PE equipment and activities. Bridget and Susan confirmed that committee member Teresa Wise from Chartwells will offer food samples and do a demonstration on healthy foods for kids. Market Day and Manna representatives may also participate. Committee members

reviewed the flyer about the event and offered suggestions about the organization, logistics and locations for specific activities. Bridget and Sharon noted that they will organize the list of tasks for which volunteers are needed and send the list to the Wellness Committee members so that members may sign up for volunteer jobs that meet their interests or time restrictions.

E. Evaluation of Wellness Policy and Plan: *WellSAT (Yale Rudd Center)*

Mary Gricus reviewed the WellSAT wellness policy/plan evaluation tool that the committee will use to assess our wellness policy and plan. For the sake of efficiency, the committee members agreed that Mary should scan the evaluation document and send it to all committee members via e-mail. Committee members will complete the rating for all items with which they have experience. The committee will then discuss and complete the final rating for all items at the April 12th meeting.

Meeting adjourned at 5:05 p.m.

