

Wellness Committee Meeting

October 18, 2016

River Valley LRC

Minutes

Members Present:

Susan Carey

Denise Ciciura

Mary T. Gricus

Peggy Knight

Joe Tomasek

Guest: Barbara Germany, CSBO

The meeting convened at 4:00 p.m.

A. Review and Approval of Minutes from March 10, 2016, Meeting

Motion was made by Peggy Knight 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. Introduction of New Members

Committee members welcomed new member Joe Tomasek, who is one of our K-5 PE teachers.

D. Wellness Action Plan for 2016-2017

Chief School Business Official Barbara Germany explained the upcoming food service bid process and timelines. Ms. Germany provided details about the federal guidelines which dictate the content of the student lunch program. She noted that our current food service provider (Chartwells) has an app that parents and students can use to check the nutritional value of food served. Ms. Germany also noted that very few district staff members purchase lunches from Chartwells. Committee members expressed interest in expanding lunch options for staff; Ms. Germany will include an item related to expansion of the staff lunch options in the bid specifications. As part of the bid preparation process, feedback from students, parents and staff will be solicited. Ms. Germany invited committee members to offer suggestions about items to include in surveys. Committee members will forward suggestions to Mary Gricus.

The committee reviewed the other action plan items for this year. Regarding staff training for physical/brain breaks, members Ciciura and Tomasek shared that the K-5 PE team is sending information about physical breaks to the K-5 staff via email. The messages include videos and websites that teachers can use to provide valuable "brain break" time for

students throughout the school day. The K-5 team will contact the middle school PE team to see if they would be interested in disseminating information to their staff, too. Peggy Knight will discuss this possibility with Old Quarry's principal, as well.

E. Follow-up from 2015-2016 Discussions

- Joint Wellness Event with Lemont High School or Park District: Tabled
- Staff Use of Old Quarry Middle School Fitness Center:
Mary Gricus reported that with the transfer of the after school Safety Net Hotline to the operations department, there is no secretary at the middle school to monitor staff members' use of the OQ fitness center during after school hours. To avoid safety risks of staff members using the fitness center alone, we will not pursue opening the fitness center to the whole district at this time.
- Connection with New Fitness Center in Lemont (Brian Bushnell and Denise Ciciura)
Denise contacted Connor Smith from South Side Iron to inquire about possible class or demonstration for staff on our site. Mr. Smith indicated that while he would not be able to do an on-site program, he may provide a discount for district staff. Denise will request flyers to post in the teachers' lunchrooms.

F. PTO Wellness Update

Susan Carey noted that the PTO had a successful Family Fitness Night for K-5 last year. Committee member Erin Szczepanski will be unable to attend committee meetings this year due to another commitment. Erin and Susan will try to recruit another member of the PTO to join the Wellness Committee.

G. Other Items from Members

One of the Old Quarry PE teachers is sponsoring a breast cancer "pink day."

- H. Susan Carey 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 4:35 p.m.

