

Wellness Committee Meeting

October 22, 2015

River Valley LRC

Minutes

Members Present:

Denise Ciciura

Mary T. Gricus

Peggy Knight

Bev O'Rozco

Erin Szczepanski

Cathy Slee

The meeting convened at 4:03 p.m.

A. Review and Approval of Minutes from April 20, 2015, Meeting

Motion was made by Cathy Slee and seconded by Bev O'Rozco 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:

Old Quarry Fitness Center: Mary Gricus will discuss barriers to access with the administrative team. If access issues can be addressed, Mary will poll the staff about the level of interest for use of the OQ Fitness Center.

PTO K-5 Family Fitness Night: Mary Gricus noted that there are two different dates posted on the district's website calendar. Cathy Slee will confirm the correct date with the PTO and correct the calendar.

Staff Wellness Efforts: Cathy Slee reported that staff member Stacy Lauer leads morning walks through the school hallways for Oakwood and River Valley staff from

7:45-8:00 a.m. Bev O'Rozco noted that committee member Joanne Mitchell has organized after school video exercise classes for River Valley staff. Denise Ciciura volunteered to contact the park district to see if any of the instructors from the park district would be willing to lead a staff fitness class.

Nutrition Education: Denise Ciciura reported that the K-5 physical education instructors continue to enhance nutrition education lessons using iPad apps and online formative assessments (e.g., Kahoot!).

Middle School Fitness Event: Peggy Knight shared that physical education teacher Brian Holdman is exploring the possibility of organizing a "Warrior Walk" for Old Quarry.

Focus Groups for Food Service Program: Mary Gricus shared that this activity will be rescheduled to the 2016-2017 school year. Business manager/CSBO Barbara Germany informed Mary that the food service bid process will take place during the 2016-2017 school year rather than the current year.

D. PTO Wellness Update

PTO representative Erin Sczepanski reported that PTO is working with the Old Quarry physical education department to implement Hoops for Hearts on November 13th and 14th. PTO volunteers will provide water and other support for the event which will be conducted during PE classes with donations to benefit the American Heart Association. Erin also noted that both the K-5 and middle school PTOs will continue to organize the Raging Waters incentive which provides admission tickets for students who log their healthy activities through the year.

E. Other Items from Members

Cathy Slee offered to contact the Lemont High School Wellness Committee to discuss a possible joint wellness event for our two districts.

Cathy Slee made a motion to adjourn. Motion was seconded by Denise Ciciura. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:25 p.m.