

Wellness Committee Meeting

Minutes: October 4, 2012

River Valley Room 15

Members Present:

Denise Ciciura	Peggy Collins	Melanie Earnest	Mary Gricus
Shirley Kleehammer	Joanne Mitchell	Shawn Ryan	

The meeting began at 4:03 p.m.

A. Public Comments

None

B. Consideration of Approval for Minutes from Meeting on May 17, 2012

Melanie Earnest made a motion to approve the minutes as presented. Denise Ciciura seconded the motion. By voice vote of “aye/nay,” all committee members concurred with the approval of the minutes. The motion passed.

C. Review of Committee’s Charge and 2012-2013 Meeting Schedule

Dr. Gricus reviewed the charge statement and meeting schedule for the 2012-2013 school year for new members.

D. Wellness Committee Tasks for 2012-2013

The committee members reviewed the Wellness Action Plan tasks for the current school year. Committee members agreed that the staff wellness institute will be the most labor intensive activity for this year. Committee members also noted that the PTO will organize the OW/RV Family Fitness event with the committee’s support. The committee noted that member Bev O’Rozco may organize the schedule for the Wellness Website of the Month. Dr. Gricus shared that the implementation of nutrition education lessons will be discussed with the Physical Education teachers during the October 29th inservice. Member Shirley Kleehammer will begin to gather information about the staff’s possible use of Old Quarry’s fitness center during non-school hours. Dr. Gricus reported that the District’s wellness policy, evaluation and 3-year plan have been posted on the Wellness Committee’s website link since June. Dr. Gricus will move these items to the front page of the SOCS website after the first of the year to increase the likelihood of getting feedback from students, parents, staff and the community.

E. Wellness Institute Planning

The veteran committee members provided an overview of the staff wellness institute for the benefit of new members. Committee members reviewed the feedback from the last two wellness institutes and discussed the advantages and challenges of conducting a half day institute this year. The committee decided that it would not be practical to offer a lunch option since the staff will be split K-4 and 5-8, especially since participation in the last wellness institute luncheon was not high.

In preparation for the November 5th Wellness Committee meeting, committee members will contact the organizations/individuals listed below for possible presenters/trainers for the January 31st staff wellness institute:

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| Denise Ciciura: | American Heart Association; American Lung Association |
| Peggy Collins: | Lemont Park District trainers; nutritionist |
| Melanie Earnest: | Silver Cross Hospital |
| Mary Gricus: | District staff volunteers; Blue Cross/Blue Shield representative; Foundation for Wellness Professionals; Officer Denise Bode; Lemont Fire Protection District; Chartwells nutritionist/chef |
| Shirley Kleehammer: | Sandy Mueller, DuPage Imaging Center (breast cancer presenter; OQ PE department staff |
| Joanne Mitchell: | Athletico; Chef Laura Valcour |
| Shawn Ryan: | Midwest Heart Specialists (TLC Approach to Healthy Eating and Living) |

Meeting adjourned at 4:55 p.m.

