

Lemont-Bromberek Combined School District 113A



# Wellness Committee Report

Board of Education Meeting  
February 10, 2010

# Wellness Committee Charge Statement

To provide guidance for school and district policies, procedures and activities related to:

- 1) improving the school nutrition environment;
- 2) promoting student health; and
- 3) reducing childhood obesity

*(PL 108-265, Sec.204; Public Act 094-0199)*

# Wellness Committee Members

Chris Balaty

Lynn Barry

Kathy DeMari

Jeanne Duffy

Debbie Dvorak

Melanie Earnest

Mary Gricus

Mary Hately

Molly Hebda

Rebecca Jones

Sarah Lozano

Jill Maduros

Michelle Metzler

Joanne Mitchell

Gail Nacker

Bev O'Rozco

Michelle Rakoczy

Gina Rodewald

Teresa Wise

Lisa Wright

Teachers ~ Nurses ~ Parents/PTA ~ Board Member  
Administrators ~ Food Service Representative

# Wellness Policy Evaluation

- ❑ Action for Healthy Kids *Wellness Policy Tracker*
- ❑ Committee reviewed Wellness Plan implementation from 2006-2009
- ❑ Results of evaluation were positive



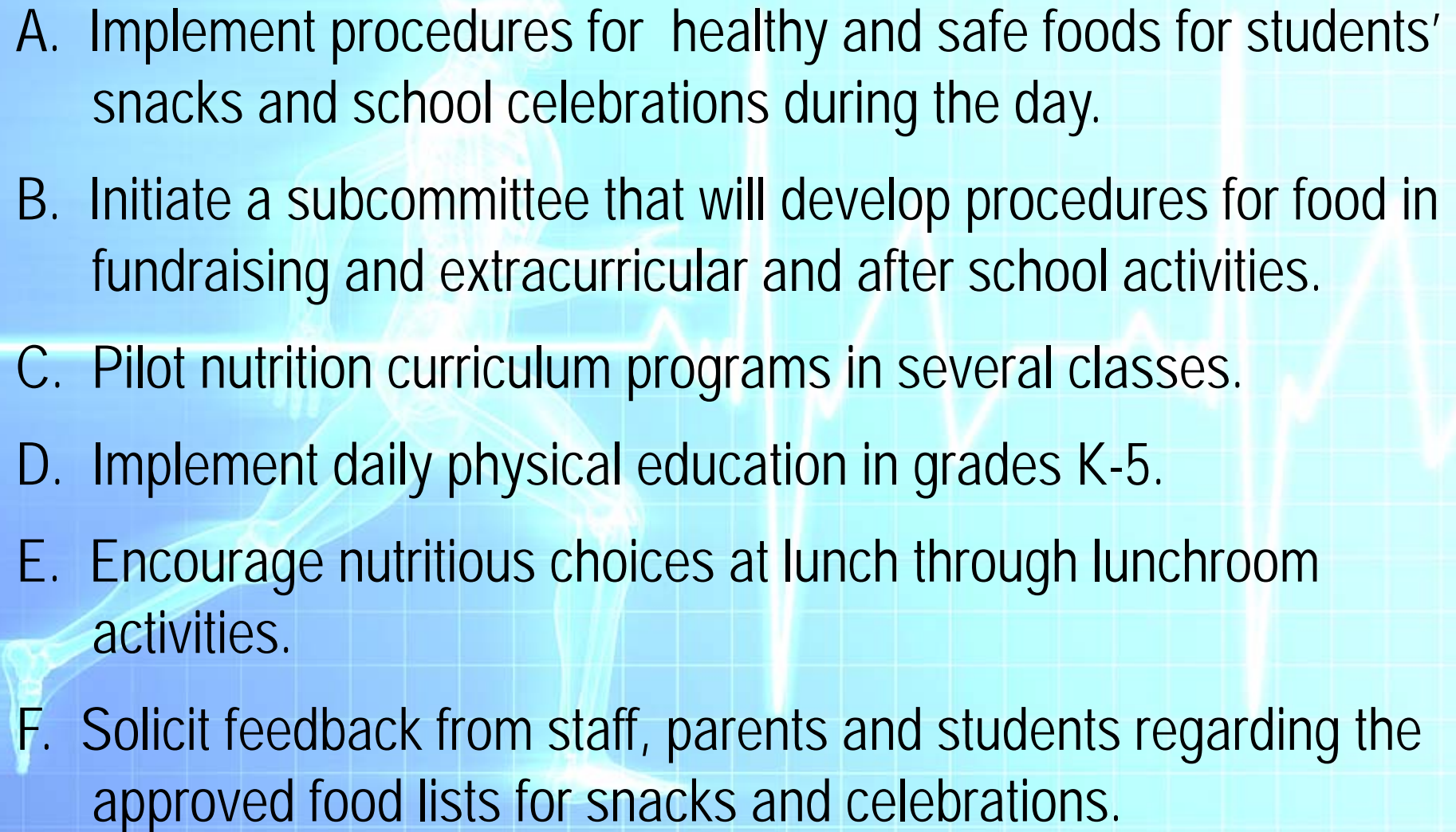
# Updated Three-Year Wellness Plan: 2009-2012

Goals are related to these topics:

1. Nutrition education
2. Physical activity
3. School-based wellness activities
4. Nutrition guidelines for food and beverages at school
5. School meals
6. Community involvement



# Action Plan for 2009-2010

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- A. Implement procedures for healthy and safe foods for students' snacks and school celebrations during the day.
  - B. Initiate a subcommittee that will develop procedures for food in fundraising and extracurricular and after school activities.
  - C. Pilot nutrition curriculum programs in several classes.
  - D. Implement daily physical education in grades K-5.
  - E. Encourage nutritious choices at lunch through lunchroom activities.
  - F. Solicit feedback from staff, parents and students regarding the approved food lists for snacks and celebrations.

# Action Plan for 2009-2010, continued


- G. Implement Fun Run events at the K-5 schools.
- H. Promote fitness, nutrition and health/wellness through interactive and informative displays, challenges, reading of jingles and fun facts, etc.
- I. Analyze the results of a food service survey that was conducted with students in April, 2009.
- J. Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
- K. Explore opportunities for family wellness and physical activities during after school hours (e.g., open gyms, demonstrations).

# Summary

The recommendations of the Wellness Committee contained in the 2009-2012 Wellness Plan will be implemented within:

- ✓ structures of federal and state statutes
- ✓ District 113A policies
- ✓ collective bargaining agreements
- ✓ budget





*Thank you to the Board of Education,  
District 113A staff, parents, students and  
community members for their support of this  
state-mandated initiative.*