

Lemont-Bromberek Combined School District 113A



Wellness Committee Report

**Board of Education Meeting
June 5, 2012**

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



Mike Aurelio

Bridget Babinec

Susan Carey

Bill Caron

Denise Ciciura

Sharon Devoy

Melanie Earnest

Mary Gricus

Lynne Halper

Kathleen Jotautas

Shirley Kleehammer

Debby Lynch

Kelly McCastland

Joanne Mitchell

Bev O'Rozco

Joanne Policht

Erin Sczepanski

Cathy Slee

Kim Weinberg

Teresa Wise

Lisa Wright

Teachers ~ Nurses ~ Parents/PTO ~ Board Members ~
Administrators ~ Food Service Representative

Wellness Policy Evaluation

- ❑ WellSAT (*Wellness School Assessment Tool*) from Yale's Rudd Center
- ❑ Committee reviewed Wellness Plan implementation from 2009-2012
- ❑ Results of evaluation were positive (Appendix A in plan)

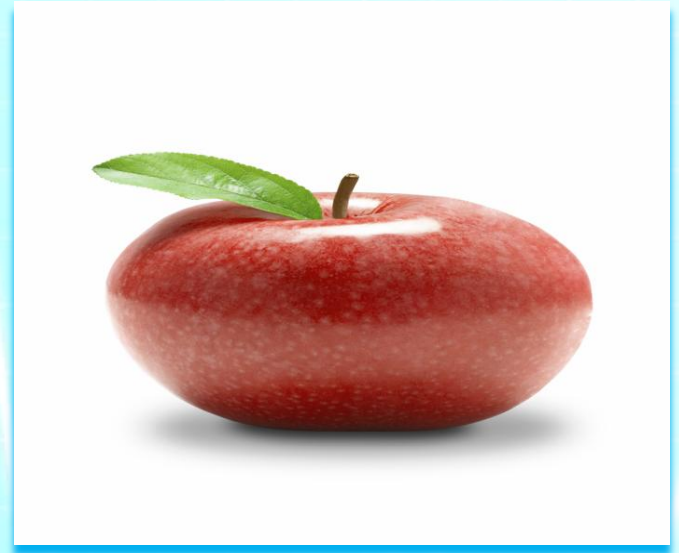


POLICY
AND
PLAN

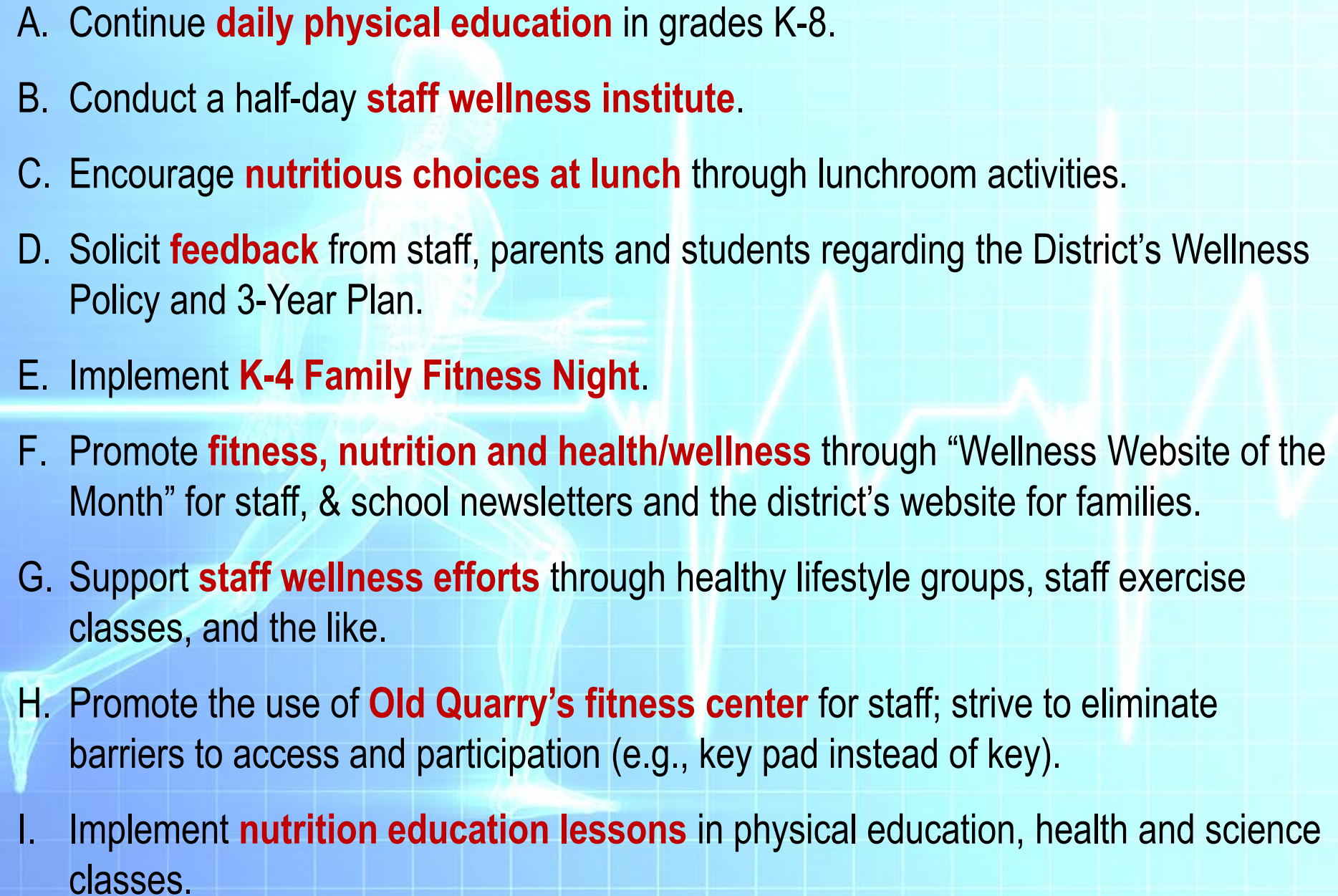
Updated Three-Year Wellness Plan: 2012-2015

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



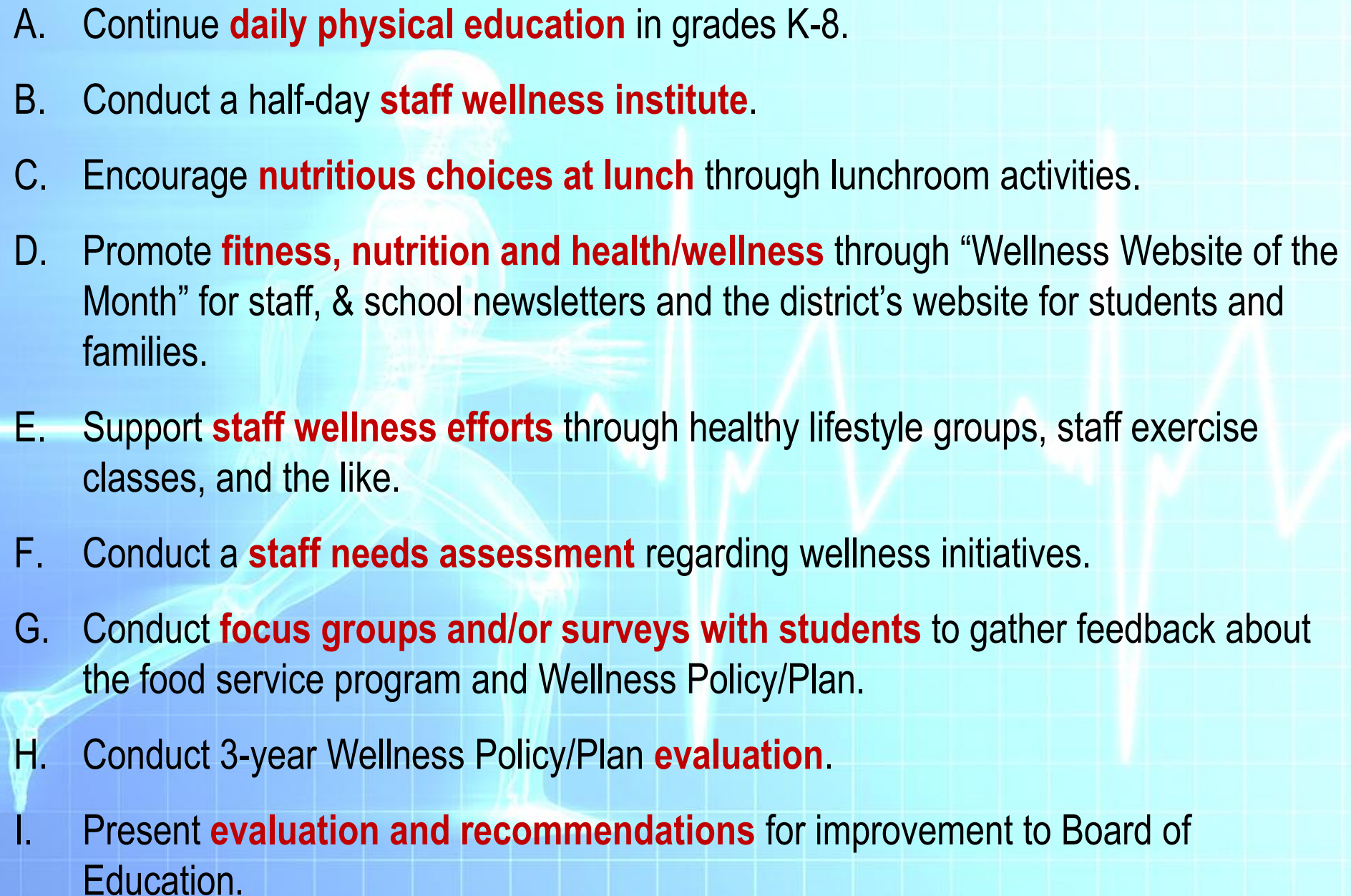
Action Plan for 2012-2013

- 
- A. Continue **daily physical education** in grades K-8.
 - B. Conduct a half-day **staff wellness institute**.
 - C. Encourage **nutritious choices at lunch** through lunchroom activities.
 - D. Solicit **feedback** from staff, parents and students regarding the District's Wellness Policy and 3-Year Plan.
 - E. Implement **K-4 Family Fitness Night**.
 - F. Promote **fitness, nutrition and health/wellness** through "Wellness Website of the Month" for staff, & school newsletters and the district's website for families.
 - G. Support **staff wellness efforts** through healthy lifestyle groups, staff exercise classes, and the like.
 - H. Promote the use of **Old Quarry's fitness center** for staff; strive to eliminate barriers to access and participation (e.g., key pad instead of key).
 - I. Implement **nutrition education lessons** in physical education, health and science classes.

Action Plan for 2013-2014

- A. Continue **daily physical education** in grades K-8.
- B. Organize **three seasonal staff walks** at areas of interest in the community.
- C. Encourage **nutritious choices at lunch** through lunchroom activities.
- D. Promote **fitness, nutrition and health/wellness** through “Wellness Website of the Month” for staff, and school newsletters and the district’s website for students and families.
- E. Support **staff wellness efforts** through healthy lifestyle groups, staff exercise classes, and the like.
- F. Expand staff training related to **physical breaks** during instructional day.
- G. Poll staff regarding interest in a **district-wide staff participation sporting event** (e.g., volleyball game, bowling); plan event per results.


Action Plan for 2014-2015

- 
- A. Continue **daily physical education** in grades K-8.
 - B. Conduct a half-day **staff wellness institute**.
 - C. Encourage **nutritious choices at lunch** through lunchroom activities.
 - D. Promote **fitness, nutrition and health/wellness** through “Wellness Website of the Month” for staff, & school newsletters and the district’s website for students and families.
 - E. Support **staff wellness efforts** through healthy lifestyle groups, staff exercise classes, and the like.
 - F. Conduct a **staff needs assessment** regarding wellness initiatives.
 - G. Conduct **focus groups and/or surveys with students** to gather feedback about the food service program and Wellness Policy/Plan.
 - H. Conduct 3-year Wellness Policy/Plan **evaluation**.
 - I. Present **evaluation and recommendations** for improvement to Board of Education.

Summary

The recommendations of the Wellness Committee contained in the 2012-2015 Wellness Plan will be implemented within:

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



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