

Wellness Committee Meeting

Minutes: April 11, 2013

River Valley Room 15

Members Present:

The meeting began at 4:02 p.m.

Peggy Collins	Melanie Earnest	Mary Gricus
Shirley Kleehammer	Joanne Mitchell	Bev O'Rozco
Shawn Ryan	Lisa Wright	

A. Public Comments-None

B. Review and Approval of Minutes from February 21, 2013, Meeting
Melanie Earnest made a motion, seconded by Mary Gricus, 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.

C. Review of Feedback from Web Posting of Wellness Policy Evaluation
Dr. Gricus reported that there has been no feedback to the web posting of the Wellness Policy Evaluation. Dr. Gricus reviewed the mandate that districts must publish the Wellness Policy and evaluation for public review and comment.

D. Action Plan Tasks for Remainder of Year
The committee reviewed the remaining tasks in the 2012-2013 Wellness Action Plan. Member Shawn Ryan expressed concern about Action Plan Item A (daily physical education) in the middle school noting that he has observed a lack of physical activity during physical education classes. After some discussion, Dr. Gricus explained that since the adopted physical education curriculum includes physical activity, this was a topic that would best be addressed by the building principal who supervises the physical education staff.

Committee members noted that Blue Cross/Blue Shield has been sending periodic wellness-related newsletters to staff via e-mail. Therefore, the committee decided that additional Websites of the Month (Action Plan Item F)

from the committee will not be necessary at this time. Member Lisa Wright suggested collecting data to determine if staff read and find the Blue Cross/Blue Shield publications useful.

The committee moved Action Plan Item H from 2012-1013 to a future year due to repairs and enhancements that are planned for the Old Quarry fitness center. The committee may be able to promote the staff's use of the fitness center after the repairs have been completed and the access issues (e.g., keys, security) have been resolved.

Committee members noted that the following staff wellness activities have occurred through this school year: Oakwood exercise group, district-wide Weight Watchers program and personal diet and exercise programs.

E. Other

Dr. Gricus introduced Tina Mehta, the new Director of Food Services for Chartwells. Member Shawn Ryan shared his observations that Ms. Mehta has made a positive impression during her first weeks in our district. Ms. Mehta provided information about some of the recent changes in the requirements for school lunches (e.g., whole grain products, fruits and vegetables). Ms. Mehta related that she has noticed that many of the students who have been approved for free and reduced lunches are not eating the school lunch. The committee brainstormed possible reasons for this situation and noted two areas that can be addressed: 1) Educate the parents of English Language Learners about the free/reduced lunch program; and 2) Educate the eligible students about the free/reduced lunch process. Dr. Gricus will share this information with the administrative team so that we can better ensure that eligible students are getting their meals at school.

Lisa Wright made a motion to adjourn. Motion was seconded by Shirley Kleehammer. By voice vote of "aye/nay," committee members approved the motion. The meeting adjourned at 4:45 p.m.

