

# Wellness Committee Meeting

## Minutes: Meeting on October 20, 2010

### Members Present:

William Caron	Kathy DeMari	Jeanne Duffy	Debbie Dvorak
Melanie Earnest	Mary Gricus	Joanne Mitchell	Bev O'Rozco
Michelle Rakoczy	Gina Rodewald	Erin Szczepanski	Teresa Wise

The meeting began at 4:04 p.m.

#### A. Introductions

Committee members introduced themselves and their role in the district.

#### B. Review of Committee's Charge

Dr. Gricus reviewed the Wellness Committee's charge to frame the work for the current school year.

#### C. Cook County Department of Public Health Community Grant

Dr. Gricus provided an overview of a community grant that relates to health and wellness. Dr. Gricus reported that Cook County plans to release the Request for Proposal for this grant in November, with a short turn-around time for the application submittal. Erin Szczepanski will share this information with the PTO boards as they have expressed interest in a school/community garden project which may be a project that meets the grant criteria. When the district receives the RFP, Dr. Gricus will send a copy of the RFP to all members of the committee for consideration.

#### D. Food Allergy Management Program Update

Dr. Gricus reminded the committee that the new food allergy policy requires that we implement a food allergy management program. The board will consider the adoption of the policy at its November 8<sup>th</sup> meeting. A work group consisting of the nurses, parents and Dr. Gricus will begin to review the administrative procedures and sample programs that have been distributed by the Illinois State Board of Education. The work group will develop the local food management program for implementation in our schools.

#### E. Wellness Institute: January 28, 2011

The committee discussed plans for the January 28, 2011, staff wellness institute. The committee developed the schedule for the day:

8:00 a.m. – 9:00 a.m.

9:05 a.m. – 10:05 a.m.

10:15 a.m. – 11:15 a.m.

11:25 a.m. – 12:25 p.m.

12:30 p.m. – 1:30 p.m.

Committee member Teresa Wise announced that Chartwells will be donating a buffet lunch for all participating staff and Dr. Gricus related that the PTO has offered to support the institute activities with a monetary donation. Dr. Gricus explained that the new food allergy policy requires that all school staff must receive training about food allergies every other year. So, a required session about food allergies can be incorporated into the training agenda. Committee members shared information about possible presenters for the institute. Bev O'Rozco offered to conduct two sessions about movement and

motivation. Michelle Rakoczy noted that open sessions for physical activities may also be of interest to staff.

Committee members will contact all possible presenters prior to the November 3<sup>rd</sup> Wellness Committee meeting to confirm the presenters' participation and determine the number of sessions that will be volunteered. Dr. Gricus will send a message to all District 113A school staff to inquire if anyone is interested in volunteering to conduct a session for the institute. At the November 3<sup>rd</sup> meeting, the committee will begin to draft the sign-up form for the institute so that the schedules can be finalized prior to winter break.

F. Future Planning: Wellness Action Plan Priorities for 2010-2011

The committee reviewed the Wellness Plan activities that are the focus for the committee's 2010-2011 action plan: More school-based activities; planning for one district/community-wide major event for 2011-2012; implementation of nutrition education lessons; and involvement of students in the committee's work.

G. Other Items from Members

Committee member Joanne Mitchell inquired about the status of the approved food lists for birthdays and classroom celebrations. Dr. Gricus noted that the new required food allergy policy will likely have an impact on the contents of the food lists. So, the food lists will be reviewed after the food allergy management program work group has a draft program in place.

The meeting adjourned at 5:23 p.m.

