

Lemont-Bromberek Combined School District 113A

**Wellness Committee Meeting
Minutes for December 7, 2009**

4:00 p.m.

River Valley 4th Grade Pod

Committee Members Present: Chris Balaty
Kathy DeMari
Melanie Earnest
Mary Gricus
Mary Hately
Molly Hebda
Becky Jones
Sarah Lozano
Jill Maduros
Michele Metzler
Joanne Mitchell
Bev O'Rozco
Michelle Rakoczy
Gina Rodewald
Teresa Wise
Lisa Wright

Meeting began at 4:06 p.m.

A. Wellness Plan Evaluation

Committee members completed the assessment of the district's wellness policy implementation using the *Action for Healthy Kids* Wellness Policy Tracker. Small groups added details to the following components of the tracker tool: 1) nutrition education; 2) physical activity and physical education; 3) nutrition standards for all foods; 4) school meals program; 5) other school based activities; and 6) implementation and evaluation.

B. Wellness Plan for 2009-2012

Committee members reviewed the draft Wellness Plan that included the prioritized goals and activities identified during previous meetings. Committee members discussed Goal 1C to determine the appropriate amount of time that could be devoted to nutrition education during the school year. The consensus of the group was that the goal will be to incorporate from 14-20 hours of nutrition education in each grade level's instructional program. The committee also modified Goal 3E to reflect the implementation of the approved food lists for parties and snacks. Several activities were also added to the 3-year action plan. The updated plan will be presented to the Board of Education, staff, students and parents in January and February of 2010. Dr. Gricus asked for volunteers to assist with the design and presentation of the report to the Board.

C. Wellness Fair Update

Jill Maduros and Michele Metzler, the former chairs of the district-wide Wellness Fair, shared the results of their planning discussions with the schools' wellness chairs. Due to the reorganization of the district PTA into separate school PTAs this year, it was decided that limited financial resources and volunteer time should be targeted to school-based wellness activities rather than a big event like the Wellness Fair. PTA wellness committee chairs shared some of the activities that have been implemented in the schools thus far and brainstormed ideas for additional no-cost activities that support identified wellness goals.

D. **Feedback Regarding Implementation of Approved Food Lists**

Dr. Gricus, Kathy DeMari, R.N. and Melanie Earnest, R.N., shared their experiences with the implementation of the approved food lists for the first holiday party of the year (Halloween). The nurses noted that they fielded some calls and questions from parents regarding acceptable foods. Dr. Gricus related that the PTA's room parent liaison also addressed issues presented by parents who were planning for the party. Committee members expressed hope that the transition to serving food from the approved lists will become more acceptable as time goes on.

Next Committee Meeting: January 25, 2010

Meeting ended at 5:30 p.m.