

**Wellness Committee Meeting
Minutes for October 26, 2009**

4:00 p.m.

River Valley 4th Grade Pod

Committee Members Present: Christine Balaty
Lynn Barry
Kathy DeMari
Jeanne Duffy
Debbie Dvorak
Mary Gricus
Mary Hately
Molly Hebda
Sarah Lozano
Joanne Mitchell
Bev O'Rozco
Gina Rodewald

Meeting began at 4:07 p.m.

A. Introductions and Review of Committee's Charge and Initial 3-Year Plan

New committee members were introduced. Dr. Gricus reviewed the key points of the Committee's charge and the previous Wellness Plan.

B. Wellness Plan Evaluation

Committee members worked in small groups and used the *Action for Healthy Kids* Wellness Policy Tracker to assess and record the district's progress in six areas of wellness planning: 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. The groups completed approximately 60% of the evaluation. Committee members will gather information from their colleagues and will continue the evaluation process at the November meeting.

C. Update Wellness Plan for 2009-2012

Committee members rated all of the components in the current Wellness Plan as "high priority," "priority" or "nice to do." Committee members who were absent will have the opportunity to complete their ratings at the next committee meeting. The ratings will be tabulated and used to identify the components that will be included in the updated 3-year Wellness Plan. Committee members will consider the district's budget parameters, establish a timeline for implementation and identify persons/groups responsible for action plan strategies at the November committee meeting. The updated plan will be presented to the Board of Education in December.

D. Wellness Fair Preview

The PTA chairs for this event were not present, so, this item will be included in the next agenda.

E. Future Planning: Subcommittees

Dr. Gricus noted that a subcommittee dealing with "food in fundraising and after school activities" will be initiated in the winter of 2010. Additionally, an allergy task force subcommittee will be organized when the Illinois State Board of Education distributes the regulations related to the new allergy plan mandate. A timeline for the subcommittee will be established when the requirements are confirmed by ISBE.

Meeting concluded at 6:00 p.m.