

Wellness and Safety Committee Meeting

April 18, 2018

5:00 p.m.

Old Quarry LRC Innovation Lab

Minutes

In attendance: Monica Conway, Claire Shaughnessy, Scott Stubenrauch, Brian Hruby, Parents; Damon Ascolani and Bethany Martino, Board members; Courtney Orzel, Superintendent; Maggi Burkhardt, Peggy Knight, Debby Lynch, Bev O'Rozco, Becca Taylor, Joe Tomesek, and Susan Wulczyn, staff members

Agenda

- A. Call to Order- meeting was called to order at 6:03
- B. Pledge of Allegiance
- C. Introduction of new members
- D. Review and Approval of [Minutes](#) from the March 5, 2018 Meeting- minutes were approved as written
- E. Comments from Audience- none
- F. Wellness Action Plan Items for 2017-2018
 - a. Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like- update on Wellness Bingo. Twenty-five staff members participated in the Wellness Bingo activity.
 - b. Revisit survey results and plan for implementation of staff wellness activity- It was decided that a staff wellness activity would be planned for the '18-'19 school year.
 - c. Implement K-5 Family Fitness Night - report on success
 - d. Conduct 3-year Wellness Policy/Plan evaluation.
 - i. Report from Board policy committee- a statement by Dave Molitor, Board Policy Committee chairperson, stating his plan to continue the review and evaluation of the policy, was read. He anticipates reporting back on this early in the '18-'19 school year.
 - ii. Review draft 3-year Wellness Plan- The draft plan was reviewed; suggestions for edits are included in the [Wellness Plan 2018-2021](#). This includes the possibility of adding a healthy sleep component and suggestions for implementation.
 - e. Encourage nutritious choices at lunch through lunchroom activities
 - i. Follow up on "Food Committee" activities- none at this time.
- G. Safety action items
 - a. Presentation by Adrienne Landgrave- Sandy Hook Promise-postponed
 - b. Review of recent updates to District 113A's safety features and procedures-
 - i. Staff members reviewed a range of improvement the district has undertaken in the last year.
 - ii. Many questions were posed and information shared by the new committee members whose interest in the committee is focused on school safety, especially the first five minutes and the importance of after-care.

- iii. Member suggestions will help to shape activities for the coming school year.
- c. Amendment to [charge statement](#)- The Committee decided to add “maintaining safety in the district” to the current charge statement.
- d. Discuss inclusion of safety components in the plan vs. maintaining separate goals/plan for safety - Safety will not be included in the Wellness plan; a school safety plan already exists.

H. Other Items from Members

I. Adjournment- Meeting was adjourned at 6:17.

