



Lemont-Bromberek School District 113A
Wellness/Behavior & Discipline Committee Agenda
Tuesday, February 15, 2022
5:15 p.m. – Old Quarry Middle School LRC

I. Call to Order

- A. Roll Call – Members in attendance were Dr. Anthony McConnell, Dr. Daniela Fountain, Heidi Rudy, Susan Wulczyn, Debby Lynch, Denisse Murillo, Michelle Iazzetto, Joe Targosz, Brian Holdman, Theresa Vasvery, Michelle Tosch, Megan Jones, and Katie Krop.
- B. Pledge of Allegiance – Dr. Anthony McConnell led the pledge of allegiance.
- C. Approval of Agenda – Approved by unanimous vote.
- D. Approval of Minutes – Approved by unanimous vote.

II. Comments from the Audience

- A. Member of the audience may address the Committee

III. Discussion

- A. Old Business
 - CPR for District staff
 - Susan Wulczyn provided the Committee with an update on CPR training for District staff. Two school buildings received training and the last school building will receive training at the next SIP Day.
 - CALM app for use by employees
 - Susan Wulczyn informed the Committee that District staff were notified about their ability to utilize the CALM app.
- B. Wellness
 - Review of District 113a Wellness Policy - 6:50
 - The Committee discussed the District's Wellness Policy (6:50) and its reevaluation every three years. The Committee also discussed new requirements from ISBE that are to be included in policy, including language regarding food sharing.
 - What are we doing well?
 - Susan Wulczyn and Heidi Rudy led a discussion and gathered the Committee's thoughts on what the District is doing well in terms of wellness, which included the District's physical education program

as well as the District's facilities.

- Gather ideas to improve upon school wellness
 - The Committee proposed a number of ideas to improve upon school wellness. Incorporating SEL into P.E. curriculum, hosting a 5k or half marathon run, and participating in Hoops for Heart or Jump Rope for Heart were just a few of the ideas mentioned.
- [New Local Wellness Policy Checklist](#)
 - The Committee reviewed the policy checklist, which is already contained in the District's Wellness Policy. This policy is also reevaluated every three years.

C. Behavior/Discipline

- Public Act 102-0339 - Physical Restraint, Time Out, Isolated Time Out
 - CPI Training
 - A number of District staff, including administrators, paraprofessionals, and special education teachers; received crisis prevention intervention training in September 2021 and January 2022. The District also has the opportunity to "train our own trainers" and plans on allowing four staff members to complete this training program.
 - ISBE Rules
 - Heidi Rudy provided the Committee with an update on a recent law that has been enacted regarding physical restraint, isolated time out, and time out. In addition, Mrs. Rudy provided the Committee with an overview regarding the process of notification of incidents of physical restraint.
 - Goals and Benchmarks
 - Heidi Rudy led a discussion regarding ISBE's goals and benchmarks to reduce the use of physical restraint, isolated time out, and time out. The District is required to create a three-year plan developed by an oversight team in an effort to reduce and eventually eliminate the use of time out and physical restraint. This plan will be made available to parents.

IV. Advanced Planning

- The Committee will schedule additional meetings in both April and May.

V. Adjournment – Meeting adjourned at 6:02 p.m.