

BSD100 Wellness Meeting Minutes
February 10, 2016

1. February Health Matters
 - a. Dental Health Month (IWS Children's Clinic coming to some schools)
 - b. Heart Health Month (think about when you will host your AHA Jump Rope For Heart event: Contact Brandy Hobbs w/any questions)
 - c. Other Health Matters: Loyola Mobile Unit coming to schools in May.
 - i. Will provide Physicals & Immunizations for 5th graders.
 - ii. Letters were sent to parents in last report card re: this.
 - iii. Work with your nurses, social workers to target families in need; they will get priority sign-up.

2. Recap on implementation of increased Employee Health Initiatives
 - a. Schools notified about Freedom Fitness Center Access
 - b. Fill out how many # staff requested key card access on BSD100 Wellness 2015-2016 Google Doc Tab: "Staff Fitness" & other school challenges initiated.
 - c. Upcoming staff event: #BikeWitMike
 - i. Thurs. Feb. 18, 3:45pm at Freedom
 - ii. Sign-up on D100 Staff Fitness & Fun Google Doc Tab: "#BikeWitMike.
 - iii. Please promote this to your staff; reach out to those that have been participating in School Challenges, asked request to Fitness Center, etc. If everyone can get at least ~3 people from their school/building, that would be appreciated!
($9 \times 3 = 27$ >>there are 30 spots)
 - iv. I'll resend invite/flyer
 - d. Review of AHA Fit Friendly Workplace Criteria (listed those in place, those were are implementing, areas for growth)
 - e. Nutrition: Aramark Staff To Go Menu

3. Our American Voice (OAV) Jr. Mustang's Fun Run -John Fontanetta
 - a. May 22, 2016 (Sunday AM) at Morton West
 - b. This year they will open up the race to surrounding schools/district
 - c. Discussion of areas for growth/improvement
 - i. Method of pay: Credit card & cash?, Early bird special rates
 - ii. Competition: method of tracking times, recognition, etc.
 - iii. Re-evaluate previous course: extend area around school grounds, limit grassy (zig zag area)
 - d. Discussion of ways to Promote
 - i. Info./ Sign Up Booth at Wellness Fair
 - ii. If you have a School Event, promote/sign up families then
 - iii. Promote this race to your Running Club, Girls On the Run
 - iv. Promote this to your OAV Club

4. Annual Health & Wellness Fair
 - a. March 16 2016 (Wednesday)-Heritage/Emerson (5-8pm)
 - b. BSD100 Wellness 2015-2016 Google Doc, Tab: "Wellness Fair"
 - i. Sign up if you're attending
 - ii. Sign up you'd like to lead a physical activity in the middle
 - iii. Sign up if your school will have a performance
 - c. Working with MacNeal & Berwyn Park District (for vendors)
 - d. Start Promoting (fun with your family, Raffle Prizes, etc.!).)

5. NEXT WELLNESS MEETING: WEDNESDAY, MARCH 2nd (2 weeks before Wellness Fair to finalize plans!) at 3:30pm, Pershing School