

Berwyn South School District 100
Wellness Committee Meeting Minutes
January 25, 2017 3:30-4:30pm Pershing School

- December/January Recaps
 - Health Education
 - Cold/Flu Season, Germ Prevention, Weather Chart, etc.
 - AHG Healthy Schools Programs (Julia worked with committee at Dec. meeting)
 - Addressed: Module 1 (School Health & Safety Policies and Environment)
 - Addressed: Module 4 (Nutrition Services with Aramark: Michelle)
 - BSD100 featured in latest AHG newsletter
 - School Wellness Policy: Draft to be read/reviewed/approved by School Board Policy Committee
 - Save the Date: District Wellness Fair (March 23, 2017)
 - Last Institute Day: Tom Rocco (IPHI) worked with PE team (Fitness Assessments & reporting)

 - February Health Themes: Ideas include Heart Health Month, National Children's Dental Health Month, Teen Dating Violence Awareness Month

 - American Heart Association (AHA): (Brandy Hobbs & Michelle Andriano)
 - Jump Rope for Heart (JRFH)
 - Went over what a JRFH or Hoops for Heart event may look like
 - New incentive prizes/materials: Safari Animals (in past: dogs, ducks)
 - Let Michelle know your Dates of: Event & Kick-off
 - Idea: If most schools plan to host an event in May, think about hosting Kick-off event April24-28th during Every Kid Healthy Week.
- *Please Note: If you decide to not do an AHA event, that is OK. Please contact Brandy or Michelle to pick up box of materials.
- *Discussed other opportunities/charity fundraising ideas to teach students to give back: Pennies for Patients (Leukemia & Lymphoma Society), Pantene Beautiful Lengths/Locks for Love/St. Baldrick's, etc.
- AHA Fit Friendly Worksites
 - Brandy/Michelle congratulated our district for achieving this award; they stated it is a difficult award to get. This upcoming year, they are changing the name from Fit Friendly Worksites to Workplace Health Solutions.
 - Continue staff health & initiatives (refer to next section).
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- Staff Health & Wellness
 - Gathered information from committee members re: available fitness classes in district.
 - Discussed updating d100 staff re: fitness room available in district

- Examples of Staff Health & Wellness challenges in schools: Biggest Loser (Emerson), 28 Day Teacher Happy Challenge/Workout Competition (Komensky), etc. Keep up the good work!
- Cindy to meet with Marie Connelly re: Staff Wellness Initiatives:
 - ***Please refer to attached Staff Wellness Meeting Minutes (1.26.17)*
 - Marie has sent emails/communicated to staff re: Heart Health, Fitness Opportunities, Staff to Go Menu, Teledoc, etc. Thank you Marie!
- BPHD: David Avila
 - Children's Wellness Program
 - Plan is to have program start next Fall
 - Discussion of possibly recruiting at the end of this year, in preparation to start next fall
 - Requesting latest FitnessGram testing BMI results to update statistics
 - Discussion of need for confidentiality forms prior to implementation
- District Wellness Website
 - Up & running; thanks to Maria Argueta!
 - Go to: District Website > District Departments > Health and Wellness
 - Includes: District Wellness Committee Minutes, information on building Wellness Coordinators, Health & Wellness events fliers, Healthy HotSpot highlight, Healthy Schools Program overview, etc.
- Alliance for a Healthier Generation (AHG) Healthy Schools Program (HSP)
 - Wellness Committee to continue to assess modules (we will go over these as a group)
 - Review of AHG: HSP Assessment Guide:
 - Detailed tool guide to help achieve the National Healthy Schools Award
 - Provide supporting evidence that you implement health & wellness policies & practices
 - **Please note: Discussed as a team, schools will not be applying for the AHG: National Healthy Schools Awards this year. This takes time to achieve, very comprehensive, process cannot be rushed. We will, however, still strive to achieve the Healthy US School Challenge (HUSSC) Awards (refer to next section).*
- Healthy US School Challenge: Smarter Lunchrooms (HUSSC:SL) Awards
 - Focused on Nutrition
 - Refer to October 26, 2016 meeting minutes on details re: HUSSC
 - Plan is for all schools to apply for the HUSSC awards by April
 - Meeting with Aramark (Michelle Hyman, Mary Jo McLoughlin), Cindy, Jane, & district office re: moving forward with this.
 - **Please refer to attached HUSSC meeting minutes (2/2/17).*
- District Wellness Fair

- Thursday, March 23rd, HMS/Emerson campus, 5-7pm
- Started dividing tasks amongst Wellness Committee members
- Cindy to have meeting with Jane, MacNeal Hospital, the Berwyn Park District re: event planning. **Please refer to attached Wellness Fair Meeting Notes (2/10/17).*

- Every Kid Healthy Week
 - <http://everykidhealthyweek.org>
 - April 24-28, 2017
 - Please start thinking about how your school can participate in this

- Miscellaneous
 - Next Meeting : Wednesday, March 1st, 2017
Pershing Elementary School, 3:30-4:30pm

- Adjourn-5:00pm

Cindy Villanueva
Committee Chair