

Berwyn South School District 100
Wellness Committee Meeting Minutes
December 14, 2016 3:30-4:30pm Pershing School

- School Building Health & Wellness
 - November recaps/ successes
 - Share ideas
 - Komensky- offered Yoga for parents & d100 staff, students were in another room doing a work-out video
 - Pershing-had a Partner Challenge (families and students) doing different physical activities/competing with each other
 - Discussion of combining physical activity/wellness nights with PTA/family events (i.e.-book fair, winter workshop, etc.)

- December Health & Wellness
 - Health Education
 - Cold & Flu Season: education on prevention of spread of germs, avoid touching T-zone (eyes, nose, mouth), games/activities such as (germ ball, booger ball, etc.)
 - When to Keep Your Child Home: Refer to Student Handbook on District Website: constant coughing, vomiting, temp. of 100 or higher, diarrhea, rashes, red watery eyes that were crusted shut upon awakening
 - National Hand washing Awareness Week:
<http://www.henrythehand.com>
 - District email was sent out by Carol W. re: information on winter emergency school closings.
 - Child Care Weather Watch: Refer to Weather Watch Chart

- Alliance for a Healthier Generation (AHG)/ Healthy Schools Program (Julia Goetten worked with us)
 - Healthy HotSpot Initiative (year 2 of 2)
 - Last year-focus on Physical Activity (MVAP, Let's Move! Active Schools).
 - This year- working on the Healthy Schools Program (building from last year; more comprehensive, includes Nutrition (HUSSC), addresses the Whole Child).
 - Healthy Schools Program: A way to assess your school's progress with a School Health Index: A Self-Assessment & Planning Guide to improve health and safety policies and programs. Julia states the deadline to apply for the Healthiest Schools National Award is April 14, 2017.
 - Evidence-based unified Assessment Tool by the Centers for Disease Control and Prevention (CDC) and AHG.
 - Website: <https://schools.healthiergeneration.org>
 - Let's Move! Active Schools (LMAS): username/ password is the same

- LMAS Physical Activity sections will be imported from last year's data
 - 6 step process
 - Build Support: Please Invite/Email Key Team Members
 1. Please continue to build your team & include/invite Cindy Villanueva, Jane Bagus, Principals/Assistant Principals
 2. All PE teachers, Nurses, Counselors/Social Workers
 - Assess Your School: Start Assessments, for district wide components). If a component is missing, add to Action Plan. Our goal for this meeting was to go over 2 modules:
 1. Module 1: School Health & Safety Policies and Environment
 - a. Take note: A required item that some schools added to action plan/need to work on: *Access to physical activity facilities outside school hours*. Per Julia, activities need to be offered/available to students of all grade levels (not select grades).
 - b. Fundraising efforts: Do fundraising efforts during or outside school hours include non-food items or only foods that meet the USDA's smart snack standards? This is something that schools can also work on/add to action plan.
 2. Module 4: Nutrition Services (went over this with Michelle from Aramark)
 - a. Take note: A required item that some schools added to action plan/need to work on: *Farm to School Activities*.
 - Develop Your Action Plan
 - Explore Resources
 - Take Action
 - Celebrate Success
- School Wellness Policy
 - Review Draft of new recommendations for revisions.
 - These have been reviewed by the Illinois School Board Association. The School Board Policy Committee will read it at the December meeting and then approve it in January.
- District Wellness Fair
 - Thursday, March 23rd, 2016
 - Heritage Middle School, 5pm-7pm
- Miscellaneous
 - Healthy Celebration Ideas from Alliance for a Healthier Generation (AHG) Website>Tools/Resources:

- Please familiarize yourself on how to utilize *Tools & Resources*: To access healthy celebration ideas, go to: Tools & Resources > Focus Areas: Snacks & Beverages > Celebrations (Go to Celebrations) > Step:2 Provide Alternatives (Healthy Celebrations)
 - https://www.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf
- Healthy Snack & Beverage Ideas from AHG:
 - To access healthy snacks, go to: Tools & Resources > Focus Areas > Snacks & Beverages > Celebrations > Healthy Snack & Beverages Ideas
 - https://www.healthiergeneration.org/_asset/5w7qqt/13-6163_HealthySnackBevIdeas.pdf(issues with link at times, therefore, I have attached in email).
- Next Institute Day: January 17, 2017
 - Tom Rocco (IPHI) will work with PE teachers and go over Fitness Assessment Training
- Adjourn