

Berwyn South School District 100
Wellness Committee Meeting Agenda & Minutes
October 26, 2016 3:30-4:30pm Pershing School

1. BSD100 Thinks Pink! for Breast Cancer Awareness
 - a. Thursday, October 27th 3:45-5:00pm
 - b. Hiawatha School
 - c. Thank you to Claudia for her hard work with leading this.

2. HealthierUS School Challenge (HUSSC)
 - a. 2011 Awards have expired. All 8 Schools to reapply this year-goal is to submit by December.
 - b. Aramark & Michelle H., is leading this. Mary Jo, thank you for providing a lot of information at the meeting. Thank you both.
 - c. Discussed that to meet Gold requirements, 35% of Average Daily Participation (ADP) must be met for breakfast, 75% ADP for lunch. Breakfast % ok, but lunch % may be lower. There may be a push/marketing for parents to have students get school lunches.
 - d. Wellness Committee Roles
 - i. Page 8: Nutrition Education Worksheet
 1. Will work with Aramark re: this section. Jane to look into curriculum portion.
 2. USDA Food & Nutrition Service/ Team Nutrition Resources:
 - a. <http://www.fns.usda.gov>
 - ii. Page 9-11: Physical Education/Physical Activity Worksheets
 1. Let's Move Active Schools (LMAS) Award Recipients: May submit a copy of your LMAS Recognition Award in lieu of completing this section.
 2. Scan/Copy & email or give to Cindy. Thank you for those who have turned it in to me so far. **If you have not done so yet, please send a copy of your LMAS award to Cindy.
 - iii. Pages 12: School Wellness Policy
 - iv. Pages 13-15: Other Criteria for Excellence Checklist (Gold Award of Distinction: Must select 8 of the 14 options).
 - v. Went over some criteria as a group; I have filled in notes from our group. **Please look over pages (8-15) and modify per school. (See attached document/application). At the next meeting, we will continue to discuss as a group, input any additional information that you have gathered.

3. School Wellness Policy
 - a. Review current District Wellness Policy
 - b. BOE Policy Committee reviews and revises. Jane will run it past Wellness Committee.
 - c. Revision of policy this year to comply with new requirements by June 30, 2017

- i. https://schools.healthiergeneration.org/wellness_councils_policies_blog/2016/08/04/1576/new_school_year_new_guidance_let_the_healthy_schools_program_be_your_guide_to Updating_your_wellness_policy/

4. Next PD with Alliance for Healthier Generation (AHG)

- a. November 8th Institute Day: 12:30pm at Heritage, Rm 102
- b. PE teachers to attend, Wellness Coordinators may also attend (please get permission from your principal if you'd like to attend)

5. Physical Activity Gives Kids a Leg Up: School-Media Campaign (CCDPH)

In November, CCDPH has a media campaign promoting the importance of physical activity and enhanced Physical Education (P.E.) in schools, and celebrating schools' commitment to student health and well-being as part of the ***Physical Activity Gives Kids a Leg Up in School campaign*** of the Healthy HotSpot initiative, led by the Cook County Department of Public Health (CCDPH). This campaign encourages schools to strengthen policies and change practice to get kids moving more during the school day because active kids learn better. The district will discuss if we will do this. There was discussion this may be a good opportunity to let the district know all schools have received the Let's Move Active Schools! Awards.

6. Staff Wellness

- a. Discussion that Staff Run may not have large turn out at end of November due to cold weather. Will put on hold for now.
- b. Wellness Coordinators: **Please take poll from your staff on staff wellness event/challenge that they would be interested in participating (i.e.-Fun Run (When?), Bike Wit Bike (indoor event at Freedom), Fitness Challenges (FitBit, My Fitness Pal), etc.

7. Adjourn