

Berwyn South School District 100
Wellness Committee Meeting Agenda & Minutes
November 16, 2016 3:30-4:30pm Pershing School

- Community Partnership Updates
 - BPHD (David Avila) discussed 3 initiatives. Refer to attached documents.
 - Children & Family Wellness Program: Updated that UofI Extension will provide Nutrition/Fitness education
 - Eyes for Education Initiative: He would like to have this in the Spring
 - Girls on the Go Initiative: Proposal, discussion on team vs. fitness aspects, girls vs. co-ed, etc.
 - MacNeal Hospital: New Immediate Care Center- 3249 South Oak Park Avenue
- Healthier US School Challenge: Smarter Lunchroom (HUSC:SL) Updates
 - Reminder sent out to guardians re: breakfast & lunch program.
 - Goal: Increase ADP's to 70% for lunch.
 - Goal for submission of these applications: changed from December to March.
 - The HUSC:SL & Alliance's Healthy Schools Program are now offering a streamlined approach so that schools can more easily earn two awards. LMAS is also aligned with these programs.
- Alliance for a Healthier Generation (AHG)/ Healthy Schools Program
 - AHG- as one of our Healthy HotSpot Initiative partners, provides us with Professional Development (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, including Nutrition (HUSC), addressing 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.
 - 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 (Wellness Coordinators, please start working on Steps 1 & 2)
 - Build Support: Please Invite/Email Key Team Members
 - Assess Your School: Start Assessments, for district wide components (i.e.-Nutrition-we will do that as a group). If a component is missing, add to Action Plan.
 - Develop Your Action Plan
 - Explore Resources
 - Take Action: Our goal is to have these modules completed by March (same time as HUSC:SL)

- Celebrate Success

- D100 Staff Fun Run: low polls for Nov. date; on hold for now
- School Wellness Policy (Refer to attached document).
 - Review Draft of new recommendations for revisions. Any modifications that you would like to see added?
 - 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.
- Wellness Fair
 - Thursday, March 23rd, 2016
 - Heritage Middle School, 5pm-7pm