

BSD100 District Wellness Meeting
September 21, 2016
Meeting Minutes

In Attendance: Jessica Baran, Laura Grieger, Alex Buetikofer (for Freedom), Jeff Miley, Claudia Scott, Phil Depa, Hilary Winkelhake, Gert August, Doug Henager, Jan Hebda, Tina Kloess, Mary Jo McLoughlin, Michelle Hyman, Jane Bagus

- I. Introductions:
 - A. Building Wellness Coordinators
 - 1. Emerson: Jessica Baran, Laura Grieger
 - 2. Freedom: Lori Esser, Christine Johnston (Alex B. representing today)
 - 3. Heritage: Jeff Miley
 - 4. Hiawatha: Claudia Scott
 - 5. Irving: Phil Depa
 - 6. Komensky: Hilary Winkelhake
 - 7. Pershing: Gert August
 - 8. Piper: Doug Henager, Jan Hebda
 - B. Community Partners
 - 1. Aramark: Mary Jo McLoughlin, Michelle Hyman
 - 2. Berwyn Public Health District: Tina Kloess
- II. Looking back (refer to Recap page at the bottom)/ BSD100 Wellness Achievements!
 - A. Healthier US: Nutrition Standards (2011): 6 Gold, 2 Silver Healthy US School Challenge awards fm Michelle Obama's Awards of Distinction in 2011. Partners with Aramark.
 - B. Healthy HotSpot: Healthy Active Schools (started 2015-2016)
 - C. Let's Move! Active Schools National Award
 - D. Fit-Friendly Worksite Awards (American Heart Association)
- III. This Year & Looking Forward
 - A. Healthy HotSpot: 2nd year partnership
 - 1. IPHI: still evaluating PE for Moderate to Vigorous Physical Activity (MVPA). PE teachers should receive reports soon from last year's reviews.
 - 2. PE curriculum: Review/revise: Learning based standards/ PERA
 - 3. New ISBE requirements for physical fitness assessment
 - a. Data will be collected through IWAS
 - b. Health and Fitness of 5th & 7th graders
 - B. Let's Move! Active Schools National Award
 - 1. Celebrate!
 - a. Let's Move! Active Schools promotional materials here:
[https://myactiveschool.letsmoveschools.org/tools_resources/national_award_re
sources/](https://myactiveschool.letsmoveschools.org/tools_resources/national_award_resources/)
 - b) Letter from Michelle Obama, Certificate, Big Banners should be delivered soon
 - 2. Continue to promote to staff to join School Team on Let's Move website:
<http://www.letsmoveschools.org>

3. Maintain and continue to work on 5 key standards (breakdown of standards are found on Let's Move website)

- a. Physical Education
- b. Physical Activity During School
- c. Physical Activity Before & After School
- d. Staff Involvement
- e. Family & Community Engagement

C. Employee Wellness: Please promote to staff members!

1. Employee & Dependent Wellness Screening & Flu Shots: October 13

- a. Refer to Marie Connelly's email & resources
- b. Jenny Hosty sent October Hope Health Newsletter
- c. Discussion that this helps with group insurance rates

2. Staff Activities

- a. October: Wellness Screens, Claudia & Cindy discussing Zumba Party in Pink for Breast Cancer Awareness
- b. Nov: Staff Fall Into Wellness event, potential date: November 10th? Freedom Park, discussion on Staff BSD100 Wellness Shirts
- c. Institute Day: Have staff participate in a group fitness activity lead by PE teachers.

D. Building Wellness Expectations

1. Let's Move Active Schools (see above)-Continue to create Wellness Culture addressing 5 standards #ActiveKidsDoBetter :)

2. Communication with Administrators, SIP, staff of Wellness Plans:

- a. i.e.-Google Doc of monthly health/wellness themes
- b. Planned health dates/events, for example:
 - 1. Oct. 5th-International Walk to School Day
 - 2. Building Wellness Fair
 - 3. Health Fundraisers

c. Promoting Employee Wellness information

3. Designate a day/time for Wellness:

- a. i.e.-Wellness Wednesdays, Workout Wednesdays, Fitness Fridays
- b. Incorporate health facts, send out exercise link, etc.

E. Revisit/Revise Wellness Policies-Will work with Alliance for Healthier Generation on this

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/

IV. Community Partnership Updates

A. Aramark

- 1. Will provide us with information on Nutrition (can use for designated wellness days at school)
- 2. FFVP program: Grant. Purpose: Chance to expose children to a wide variety of fruits and vegetables, nutrition education.
- 3. Discussion on variety options at breakfast: Balance of Nutrition Contents (sugars, carbs, etc.), Caloric intake

- B. Berwyn Public Health District
 - 1. Flu shots available for staff: \$20 (cash only)
 - 2. Call for appointment(team to promote after District Wellness Screens)

- V. Next District Wellness Committee Meeting
October 19, 2016 (Wednesday) 3:30pm at Pershing School