

Meeting with Julia Goetten  
Alliance for a Healthier Generation  
End of Year Review  
May 18, 2017 10:00-11:00am Pershing School

Planning Future Professional Development/ Institute Days Workshops:

- Ideal 2: Fall & Spring (does not have to be right back to school, Oct/March)
- Expand to: School Wellness Teams/Committees, Food Service, Teachers, parents
- Anything from 1.5hrs. to half day
- AHG can help with in person/online training available for all food staff

PE content advisors

- Lisa Perry (PE advisor) will be in town: June 21<sup>st</sup>-23<sup>rd</sup>
  - Can help identify next steps to improve curriculum. She also has expertise on Health Education. Can combine topics.
  - Healthy HotSpot Schools: Can sign up 1:1 session with her
  - \* PE team leader?/If PE teachers are interested in meeting with her, please let Julia know
- Lisa, Sean, Eric (PE advisors)-offer PD to all of Suburban Cook County
- Online PD opportunities, webinars available

Addressing/Improving Health Education: National Health Education Standards

- Suggestions: integrate in other lesson plans: science based health, language arts, etc.
- AHG can help with teacher/staff training
- <https://www.healthiergeneration.org/resources/>
- Teacher Taught PE (TTPE)- to help meet daily mandate of 150 minutes PE. More physical activity, movement breaks: not quality PE. Some districts have schedule. (applicable to IL standards).
- Health Smart: <http://www.etr.org/healthsmart/>
- USDA: free resources

Discussion on Healthier Snacks: If an unhealthy snack is brought, keep in backpack or outside of classroom. Classroom is a healthy space. Consuming unhealthy foods not allowed in the classroom

To Do:

\*Update Julia on HUSSC outcomes

\*Update Julia if D100 rep/PE teacher would like to set up meeting with PE advisor, Lisa Perry June 21-23

Per Julia, if you use Twitter: Tag Alliance for a Healthier Generation @HealthierGen