

BSD100 Wellness Meeting Minutes
March 1, 2017 Pershing School 3:30pm
Agenda: D100 10th Annual Wellness Fair

- Save the Date!
 - Thursday, March 23rd, 5-7pm
 - Heritage/Emerson Campus
- Layout
 - Heritage Gym
 - In past, vendors separated Heritage & Emerson
 - This year, all vendors in Heritage gym (except those in hallway)- more cohesive if all in same gym
 - Will create 2 rows of vendors, fitness activity demos still in center
 - Emerson Gym
 - Unable to have blood drive in here this year; we needed to confirm/commit at least 40 participants. We will plan more ahead of time for this next year.
 - Currently space available: Discussion of using this space for Know Your Rights presentation after Wellness Fair?
 - Hallway
 - Same as previous years: Aramark, Berwyn Fire Dept., Berwyn Police Dept., etc.
 - Registration tables at Front
 - Heritage Classrooms: Parent Ed Session/ Break Out Session
 - Keeping Your Family Safe-starting at 6pm
 - Contact Lead: Emily Reyes
 - Children's Advocacy Center of Chicago to present
 - Erin's Law presentations: (Eng/Span)-2 rooms
 - Baby-sitting Room
 - NJHS Students
 - Adult Volunteers
 - Know Your Rights (Immigration Rights)
 - Discussion that perhaps best if not at same time as Keeping Your Family Safe Presentation
 - Suggestions: To have either on another date (i.e.-Multicultural Fair) or another time (7pm in Emerson side, after Wellness Fair)
- Contacting Vendors
 - Cody, Cindy, & MacNeal to contact vendors via email
 - Will utilize Google Doc on who has been contacted/who has responded
 - \$25 for table, raffle prize
- Flyer
 - Cody did a great job making an awesome flyer!
 - English/Spanish-once finalized, will send to district
- Passport to Good Health

- Cindy to work on this
- To include:
 - Space for participant's: Name/date/weight/height/BMI/BP
 - BMI Table
 - Booth's that participant visited: To be signed off by vendors
 - Once 20 signatures from vendors, can complete raffle ticket below
- Fitness Demonstrations/ Performance Schedules
 - Cindy to work on this
 - Fitness Demo Ideas:
 - Yoga
 - Zumba
 - Fitness Fantastic Activities: PE teachers
 - Fitness Challenges: Sit-ups, Push-ups, Planks
 - Performance Ideas:
 - Chance to Dance & Komensky Dance Team has confirmed
 - Any others? Wellness Coordinators: please take a look at any of your clubs & see if they'd like to perform.
 - **An effective method of recruiting parents and students to come to fair
- MacNeal: Health Topics discussed (plan to have 10 tables)
 - Pedestrian Safety
 - When to Call 911
 - Teen Violence
 - Diabetes
 - Nutrition
 - Asthma & Allergies
 - Seizures
 - Free Screenings
 - Blood Pressure
 - Height & Weight
 - BMI
- Wellness Committee Members: Division of Tasks
 - Yoga: Jeff, Buddha Belly Kids Yoga unable to attend this year
 - Zumba: Claudia, Zumba Kids: Cindy
 - Fitness Fantastic Demo/Fitness Testing Demo: Phil, Doug, Gert
 - Distribution of Raffles tickets/prizes: Doug, Lori
 - Layout/Map: Jeff with Cindy
 - Blood Drive Lead: Jessica & Laura to look into (help with recruiting; day of event. LifeSource unavailable this day, American Red Cross needs 40 volunteers)
 - T-shirts: Lori (please fill out Google doc for your size)
 - Sign-In Sheets/Registration: Hilary, Jan, Jessica, Laura
 - Plan to have all hands on deck in the beginning for set-up, helping assist vendors. More hands on for registration process

I'm very excited for this year's event! It's the District's 10th Annual Wellness Fair!!!!