

BSD100 District Wellness Meeting
September 13th, 2017
Agenda

In Attendance: Phil Depa, Jane Bagus, Rhea Heggaton, Claudia Scott, Hillary Winkelhake, Gert August, Doug Henager, John Pomagier, and Jeff Miley

I. Introductions:

A. Building Wellness Coordinators

District Chairperson	Phil Depa	pdepa@bsd100.org (847 602 7445)
Emerson	Rhea Heggaton	rhaggeton@bsd100.org
Hiawatha	Claudia Scott	cscott@bsd100.org
Irving	Nancy Healy	nhealy@bsd100.org
Komensky	Hillary Winkelhake	hwinkelhake@bsd100.org
Komensky	Nicole Richter	nrichter@bsd100.org
Pershing	Gert August	gagust@bsd100.org
Piper	Doug Henegar	dhenager@bsd100.org
Freedom	John Pomagier	jpomagier@bsd100.org
Heritage	Jeff Miley	jmiley@bsd100.org
Admin Support	Jane Bagus	jbagus@bsd100.org 708-514-1658

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. - *Submitted in Spring 2017 - Still in review with the State Review Team. September 2017*
- B. Healthy HotSpot: Healthy Active Schools (started 2015-2016)
-Let's Move! Active Schools National Award (won in 2016, not in 2017)
- C. Fit-Friendly Worksite Awards (American Heart Association)

III. This Year & Looking Forward (REVIEW)

- 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. ISBE requirements for physical fitness assessment

- a) Data will be collected through IWAS
- b) Health and Fitness of 5th & 7th graders
- 4. Jump Rope for Heart?**
 - a) Deciding on if we want to pursue with the AHA or design our own fundraiser?
- 5. Blood Donations at Pershing (Possibly Emerson). Contact Life Source
 - a) Date: May tentative
- 6. District Wellness Fair
 - a) Different set ups

B. Pump it up Enhanced PE Seminar

1. Tuesday September 19th, from 2-3pm
2. <https://drive.google.com/a/bsd100.org/file/d/0B4nI9CR6F5z8dGc3M1FKZ0twMUk/view?usp=sharing>
3. All registrants receive a copy of the recording
4. Explain the return on investment for schools implementing enhanced P.E - the evidence base that demonstrates a connection between movement and improved academic, behavioral, and health student outcomes!
5. Provide updates from ISBE on the first round of fitness testing and results.
6. Hear a district enhanced P.E. success story from Jane Bagus, Assistant Superintendent, Berwyn South School District 100.
7. Provide information on additional upcoming learning opportunities!

C. Let's Move! Active Schools National Award (2016)

1. Celebrate!
 - a) Let's Move! Active Schools promotional materials here: https://myactiveschool.letsmoveschools.org/tools_resources/national_award_resources/
 - b) Letter from Michelle Obama, Certificate, Big Banners Continue to promote to staff to join School Team on Let's Move website: <http://www.letsmoveschools.org>
2. 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

D. Employee Wellness: Please promote to staff members!

1. Employee & Dependent Wellness Screening & Flu Shots: **October 10th**

- 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/flu shots, Claudia discussing Zumba Party in Pink for Breast Cancer Awareness (will she be doing this again?) (Walk to school day , October 4th.)
- b) Walk to school day link:_____ *** add event link
 - (1) Think of awareness events
- c) Nov: Staff Fall Into Wellness event, potential date: November 10th? Freedom Park, discussion on Staff BSD100 Wellness Shirts. **Turkey Trot**, 25 min decorate t-shirts- 25 minutes run.
- d) Institute Day: Have staff participate in a group fitness activity lead by PE teachers? Implement or not? Other fitness ideas?
- e) 5K wellness house, traveling trophy
- f) **5K morton high school run? OAV was in 2015**

- E. Decide on how to disseminate information for all wellness coordinators to see.
- F. Create a document to collect school health and wellness activities, fund raisers etc.

G. 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.

- H. 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 October 11th

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 11th, 2017 (Wednesday) 3:30pm at Irving School

Berwyn South School District 100
District Wellness Committee
Recaps

Healthy HotSpot

Led by Cook County Department of Public Health (CCDPH) in collaboration with many partners, Healthy HotSpot aims to multiply the number of places that make healthy living easier in the community.

<http://www.cookcountypublichealth.org/healthy-hotspot/map>

Healthy Active School

Last year, Berwyn South School District 100 took part in the Healthy HotSpot Initiative as a Healthy Active School. A Healthy Active School offers students quality physical education (P.E.) and chances for physical activity before, during and after the school day. Enabling students to get moving throughout the school day help students succeed in school and in life.

As part of BSD100's participation in the Healthy HotSpot Initiative:

- Staff received free Professional Development with partners such as Illinois Public Health Institute (IPHI) and the Alliance for a Healthier Generation.
- Educators that went to the *Pump Up P.E.: Promote Health, Learning & Lifelong Fitness* trainings received a set of free fitness testing and game modification supplies.

These supplies were provided in-kind by EcoMedia, a division of CBS that creates media content for charitable causes. CBS is a Healthy HotSpot partner. Each set was valued at \$404. Collectively, the packages dispatched to all eight schools valued at \$3,232.

- CBS EcoMedia came to Freedom Middle School to film a segment on being a healthy active school:

<http://www.cookcountypublichealth.org/healthy-hotspot/places-where-we-learn/healthy-active-schools>

- BSD100 students featured in CCDPH Healthy HotSpot PSA (at Emerson)

<http://www.cookcountypublichealth.org/healthy-hotspot>

This will be D100's 2nd year in partnership with the Healthy HotSpot Initiative!

Let's Move! Active Schools National Award

Berwyn South School District 100 has been nationally recognized for its outstanding efforts and commitment to helping students learn, focus and grow through the integration of at least 60 minutes of physical activity before, during and after the school day.

Let's Move! Active Schools, part of First Lady Michelle Obama's *Let's Move!* initiative, recently honored all eight of Berwyn South School District schools with the coveted 2016 *Let's Move! Active Schools National Award*. To earn a *Let's Move! Active Schools National Award*, a school must have met significant benchmarks in five areas: physical education; physical activity before and after school, staff involvement, family and community engagement.

Fit-Friendly Worksite Award

Berwyn South School District 100 has been recognized as Fit-Friendly Worksites. Fit-Friendly Worksites are employers who have gone above and beyond when it comes to their employees' health. Fit-Friendly Worksites identified are making healthy living easier for their employees by offering physical activity support, increasing healthy options at work and promoting a wellness culture. These workplaces have been recognized by the American Heart Association.