

Berwyn South School District 100
Wellness Committee Meeting Agenda
Wednesday, October 11th, 2017 3:30-4:30pm Irving School

Attendees: Phillip Depa, Gert August, Nancy Healy, Doug Henager, Kayla Foster, Michelle Hyman, Beth Pechous, Rhea Heggaton, Jeff Miley, MaryJo McLoughlin, Natalia Avila, John Pamagier

1. Introductions from Community representatives
 - a. Any member who was not present last meeting- introductions
 - b. Any initiatives that we want to accomplish for this upcoming year?
2. Discuss what type of fundraiser or awareness event we want for October?
3. Any successful activities that have been occurring at schools?
 - a. Motivation Mondays
 - b. Workout Wednesday
4. Jump rope for heart updates from schools
5. [BSD100 Wellness Link](#)
6. **District Wellness Fair: March 22nd 5-7pm**
7. Next Meeting: November 8th

Notes: HUSSC certification- more information - We submitted 8 school applications and they are in review at the Federal level. Michelle is our representative for the applications. We know

YMCA- Healthy Kids day, end of April, last Saturday of April. Gets kids moving and involved, punch cards with different activities to keep active. Turn in punch card to get raffle prizes. Not just for YMCA members, but for everybody. Have an assembly towards the end of April. Senior Citizen

Free lead tests for children during the month of October from the Berwyn Health Dept.

U of I Extension Programs -4H program- Health Rocks (alc drug tobacco prevention) 8 week program for students aged 8 years old to 14 years old. Nutrition classes for preschool and young children in making good choices for food. Organ wise guys for healthy organ. After school cooking classes for students to cook healthy snacks. Also can attend parent groups, parent cafes. Love to have classes that involve parent and students together. Snap Education - Dominique Harris

MacNeal Hospital - Monthly dinner with the doctor for adults - free dinner and learning about health topics. Teenage programs. Resources with dieticians and health education.

Healthier Generations -* Julia Goetten: Teacherstake5.org- Health challenges for teachers in a fun way to get healthy such as drink more water or exercise -send out to district

Schools -

Pershing -Night walk with families: October/Halloween event. Primarily families -Gert August
Emerson - Strides for Stripes - 1 mile walkathon for families at Morton West