**Proviso East High School Wellness Committee (SWC)**

**Meeting Minutes**

**February 14, 2017, Period 6, Room 76**

**In attendance:**

Tracy McCormick and Patty Heidel, PEHS Teachers, Noah Salazar & Charlie Huff, PEHS Students, Joanne Kouba, Kelly Sierra, Loyola SBHC dietitians, Maura Killian, Loyola Dietetic Intern.

**Welcome and introductions:** No new members were present. There were no changes to the minutes of the January 30th, 2017 Wellness Committee meeting.

**ACTION NEEDED: none**

1. **PEHS Pool Updates: Ms. Tracy McCormick and Joanne Kouba**

* The purpose of the pool is to increase physical activity options for students and staff.
* A pool tour was conducted last Wednesday, February 8th. Those present included staff from the West Cook YMCA, led by Phillip Jimenez, PEHS representatives included Tracy McCormick, Dr. Hardy, LT Taylor (PEHS Building Manager), Kelly Sierra and Joanne Kouba (Loyola SBHC), Shanika Blanton (Proviso Partners for Health) and Maura Killian (Loyola dietetic intern).
* The tour went well. The discussion between the YMCA and PEHS representatives related to physical condition of the pool seemed to indicate that the PEHS main pool is in good repair and ready for use. Concerns were raised about locker room and shower limitations. As the pool was originally built for male use only, some alternate arrangements need to be made for female use. In addition, administrative contracts (or memorandums-of-understanding) need to be developed and approved betweent the West Cook YMCA and PEHS. This takes some time and also possibly District 209 Board approval. The time frame to get on the board meeting agenda may create problems for implementation this year. Ms. McCormick and Dr. Hardy will work on that processing with Mr. Phillip Jiminez.
* So far, 20 students have expressed interest in a lifeguarding class offered this Spring, in which they would complete the requirements during their Physical Education classes. If not enough of these students are able to pass the swimming test, it was mentioned that some freshman may be able to participate if they 15 years of age or older by the certification date.
* Tracy McCormick has been in contact with the high school’s human resources department in order to find out what the YMCA staff need to do to be eligible to assist at the school.
* Ms. McCormick has also been emailing with Philip Jiminez concerning the finalization of the partnership, but is waiting for a response on what day and time will work for discussing this over the phone.

**ACTION NEEDED:**

1. Tracy will continue to reach out to Philip Jiminez and Dr. Joanne Kouba offered her assistance if needed.
2. **Cooking Up a Change Proposal: Dr. Joanne Kouba & Maura Killian**

* Cooking up a Change is a culinary competition created by the Healthy Schools Campaign between student teams within a school district. The purpose is to increase participation in the National School Lunch program by engaging students, to increase menu options developed by students in school cafeterias and to improve culinary skills in students. Cooking Up A Change was first started in CPS and has been going for 10 consecutive years. It has also been adopted by schools in other cities across the nation. The intention is to have a similar competition next year at Proviso East.
* In the Healthy Schools Campaign program, winning teams from across the country travel to Washington D.C. to compete against each other. However, the winning team from the CPS competition earns prizes in the form of culinary school scholarships and implementation of their menu at all CPS cafeterias the following school year.
* The menu developed by the students must include one entrée, one vegetable side, and one fruit side that meet USDA nutrition standards and fit within the school’s budget per meal. Teams will be evaluated by a chosen panel of judges on multiple qualities, such as creativity, taste, and presentation.
* Mr. Morris, an Advanced Foods teacher new to Proviso East this year, has won the competition in the past. He was a teacher at a CPS school and was the faculty advisor for a student team that competed in Cooking Up a Change. Mr. Morris has stated his willingness to be involved with the PEHS implementation of this program.
* A discussion about when would be the best time next year to hold a similar competition at Proviso East was held, and the majority of those present said next Spring (2018).
* The group also suggested that it might be best to begin this program as a competition among students in the advanced foods classes, at least for the first year. This would allow students to prepare for the event during class time.
  + Per Ms. Heidel, the average size of these classes is about 20 to 24 students. The class runs throughout the entire year.
  + If this was held as a competition among the advanced foods classes, it would need to be decided whether this would be a mandatory activity, thereby fitting into the teacher’s curriculum.
* It was suggested that the actual competition take place either after school or on an in-service day so that teachers can be present for the event. The spring in-service day is normally in early March.
* Student representatives were asked what a proper incentive for the competition would be, and suggested a trip to Six Flags. Dr. Kouba also suggested scholarships to Triton College for one of their culinary course offerings.

**ACTION NEEDED:**

1. Ms. Heidel will check with the counselors to see what the student interest is in advanced classes next year and get a rough number estimate.
2. Dr. Kouba and Maura will continue to develop the program and contact potential partners, including Mr. Morris, within the school to help make it possible.
3. **Cafeteria Updates: Dr. Joanne Kouba**

* Nutrition-related posters were ordered with the intention of hanging them up in the cafeteria and around the school.
* Taste testing of a few cafeteria options – a cheese penne pasta and a ham and turkey cobb salad – was conducted on January 25th. Both items received positive evaluations from students.
  + The purpose of taste testing is to receive student feedback and use their suggestions to drive some of what is served in the cafeteria.
  + During this time, students also gave their input on the current cafeteria servings. Some of the common themes in the comments were students desiring: more variety, less pizza and burgers, more baked meats, and more dark green leafy vegetables.
  + The next possible date for a taste testing event is Tuesday, February 21st.
* Salad bars are now in use in the cafeteria. Student representatives stated that the lines are now moving quicker and there is a lot more salad for students to eat.

**ACTION NEEDED:**

1. Dr. Kouba will share the taste test results and student comments with Rhoan and Janice, two of the ARAMARK food service directors.
2. **USDA Wellness Policy and Committee: Dr. Joanne Kouba**

* Dr. Kouba and Ms. LaPorte have a meeting set up with an individual from the district on March 14th to discuss granting Wellness Committee a more formal standing within the school district.

**ACTION NEEDED:**

1. Dr. Kouba will share what occurs in the district meeting at the next Wellness Committee meeting.
2. **New Business, Announcements: Dr. Joanne Kouba**

* The next garden sale at Proviso East will be soon, most likely in March.

**ACTION NEEDED:**

1. Dr. Kouba will contact Chris to find out when the produce will be ready for sale and what date will work best.

**Future PEHS SWC Committee Meeting Schedule:**

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| --- | --- | --- | --- | --- | --- |
|  | Date | Day | Class Period | Location | Notes |
| **2017** | | | | | |
| 7. | March 14 | 2nd Tuesday | 3 | TBD |  |
| 8. | April 11 | 2nd Tuesday | 5 | TBD |  |
| 9. | May 9 | 2nd Tuesday | 6 | TBD |  |

Lunch will be served at all Wellness Committee Meetings.

**Reminders:** PEHS Wellness Committee website is: <http://pehswellnesscommittee.weebly.com/>

This on-line source has all PEHS Wellness Committee minutes.