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

**Meeting Minutes**

**January 30, 2017, Period 5, Social Room**

**In attendance:**

Kevin Klein and Phillip Jiminez, West Cook YMCA, Ricardo Flores, Junior and Laura Avila, Sophomore, PEHS Students, Robin Hancock, PEHS IT Dpt., Christopher Epps, PP4H Garden Manager, Marcia LaPorte, PEHS Art Department Chair and Faculty, Tracy McCormick, PEHS Physical Education Department Chair, Joanne Kouba, Kelly Sierra, Loyola SBHC dietitians, Maura Killian, Loyola Dietetic Intern.

**Welcome and introductions:** Everyone introduced themselves. New members included: Kevin Klein and Phillip Jiminez from the West Cook YMCA, Ricardo Flores, Laura Avila, and Robin Hancock from PEHS. There were no changes to the minutes of the December 6th, 2016 Wellness Committee meeting.

**ACTION NEEDED: none**

1. **West Cook YMCA: Phillip Jiminez and Kevin Klein**

* The West Cook YMCA is part of PP4H and has been a part of this community since 1903. The YMCA wants to meet its community and its members where they are at, health-wise, and views well-being as a multi-dimensional concept. The YMCA views a relationship with PEHS as potential wellness partnership.
* Mr. Jiminez provided a YMCA booklet detailing many of their programming, including their youth development opportunities, male residential facility, and their new program, “Togetherhood”.
* Some aquatic-related programs the YMCA has created include a commitment to providing swim lessons to those in the community, training adolescents (16+ age) to be lifeguards, and its competitive swim team. Last summer, the YMCA taught 248 individuals how to swim for free at the Fred Hampton Aquatic Center in Maywood. Further, Mr. Jiminez stated use of the Fred Hampton Maywood pool increased from 4,000 participants in 2015 to 9,000 participants in 2016 through a partnership with the West Cook Y which operated programming.
  + In regards to the competitive swim team, swimmers on the team must be members of the YMCA. Sholarships are available.
* The West Cook YMCA has developed partnership with other schools in the area, such as School District #90, to bring in staff wellness programs such as exercise classes and chronic disease prevention programs.

**ACTION NEEDED: none**

1. **PEHS Pool: Phillip Jiminez, Kevin Klein, and Tracy McCormick**

* Dr. Hardy has expressed interest, in a meeting with Ms. LaPorte and J. Kouba in November, in expanding use of the PEHS pool for both student and community use with proper supervision. He asked that the Wellness Committee explore resources and partnerships for this purpose. The PEHS field house pool is operational.
* The YMCA managers the Fred Hampton Aquatic Center in Maywood’s pool as noted above. However, this pool is outdoor and only available for seasonal use.
* The YMCA states they can certify staff or students to become lifeguards. This create jobs for youth. The West Cook Y expressed interest in employing certified lifeguards who are Maywood residents for the Maywood pool during the summer. The YMCA was adamant in their interest of providing economic opportunities for students within the community. Currently, Mr. Jiminez says the YMCA does not have high representation in this school district, though they hire roughly 120 to 150 individuals every year. Besides lifeguarding jobs, youth are needed for summer camp and other positions through the West Cook Y.
* Differences in life guard certification (Water Safety Instruction [WSI] vs the Y’s certification) was discussed. Mr. Jiminez and Ms. McCormick will evaluate requirements for District 209. If there is a discrepancy between that provided by the YMCA and what is needed by District 209, Mr. Jiminez and Ms. McCormick will determine steps to reconcile so that the Y can provide instruction and certification needed for District 209 policies and compliance.
* Currently, PEHS has two teachers with the WSI certification, but neither are able to use it at this time. Further, PEHS has no lifeguards. Eventually, lifeguards would need to be a combination of both teachers and other certified instructors (ie. Certified students).
* The YMCA’s lifeguarding certification takes 28 hours to complete. The organization offers its class on the weekends normally. It may be possible to structure the life guard course so that interested students can complete during PE classes. Ms. McCormick was willing to work on scheduling for this purpose which would encourage student completion. Only students 16 years of age and older qualify for lifeguard certification.
  + As students will be involved in Career Academy starting next year and will need to have some type of certification or credit before graduation, the lifeguarding certification could work well with this program.
* In regards to logistics once the program is implemented, PEHS only has one locker room next to the pool. As such, it must be decided whether the male and female students will swim separately or if a system can be designed to solve this problem.
* Students in attendance showed interest in this idea, and mentioned that ROTC already uses the pool.
* The West Cook YMCA is also interested in renting the PEHS pool to offer programming after school, evenings and/or weekends. This may include their swim team and encourage participation of PEHS students. Mr. Jiminez will follow up with Ms. McCormick regarding the appropriate District 209 representatives with which to discuss this.
  + To encourage PEHS students to participate in the competitive swim team, Mr. Jiminez is willing to give out passes to their next local event at Ridgeland during Father’s Day weekend.
* The YMCA would like the first group of students certified as lifeguards to be a small, pilot group. This would allow both the school and YMCA the opportunity to learn from the experience and make improvements as the program evolves.

**ACTION NEEDED:**

1. Tracy McCormick is willing to take the lead on following up with next steps on this initiative. She will inquire on the school-end as to whether the WSI certification matches up with that of the YMCA.
2. Ms. McCormick will arrange for a tour of the pool facilities with appropriate YMCA PEHS staff including, Mr. Taylor, PEHS facilities, Kim Polk, YMCA Aquatic Director, Todd Wells, YMCA Facilities Director and Joe Wallace, YMCA Director of Competitive Swimming.
3. Ms. McCormick will work with the physical education department to identify juniors and seniors who can swim and are interested in lifeguard training and certification. The goal for lifeguard certification will be by June 12, as this is the date Mr. Jiminez will be hiring lifeguards for the Maywood pool.
4. Phillip Jiminez and the YMCA will inquire to YUSA whether their certification is appropriate for the school environment. The YMCA will also provide PEHS with bios of their instructors.
5. Phillip Jiminez will discuss the potential for a pool rental agreement between the YMCA and PEHS with Tracy McCormick and other parties.
6. Kelly Sierra will forward information concerning the PEHS Health Fair to Mr. Jiminez, as the YMCA would like to attend.
7. **Cafeteria Updates: Dr. Joanne Kouba**

* Dr. Kouba and Maura Killian will be meeting with Roan Ruddick and Janice Strong, ARAMARK managers, tomorrow to discuss expanding the Grab N’ Go Salads to Proviso West and Proviso Math & Science Academy.
* Grant money will be available to purchase canvases and paint so that Ms. LaPorte’s art students can produce artwork to improve the cafeteria environment with positive, health-promoting visuals.
* Taste Tasting was conducted in the PEHS cafeteria on Wednesday, January 25. The items served included a ham and turkey cobb salad and an Italian cheese penne. Student comments were favorable, and many students requested more variety in cafeteria meal options. A summary of the results was distributed to those who attended are attached. A number of students commented that they wanted an increased variety, too much pizza and burgers.
* Aramark purchased salad bars for the cafeteria. Implementation is pending.

**ACTION NEEDED:**

* 1. Dr. Kouba will report back on the status of expanding the Grab N’ Go Salads to the other schools at the next Wellness Committee meeting.
  2. Marcia LaPorte will prepare an electronic shopping cart with the art materials (ie. Canvas) and send it to Dr. Kouba.
  3. Dr. Kouba will share the results and comments from the taste testing with ARAMARK partners.

1. **USDA Wellness Policy Updates: Dr. Joanne Kouba**

* Dr Kouba distributed a one-page handout detailing the revisions in the USDA School Wellness Policy which should be implemented by July 1, 2017.

**ACTION NEEDED:**

1. Marcia LaPore and Dr. Joanne Kouba schedule a meeting with District 209 staff to discuss implementation of revisions.
2. **Cooking Up a Change: Dr. Joanne Kouba**
   * Mr. Morris has agreed to be the on-site coordinator for this event, as he has participated and won the event in the past. Maura will meet with him tomorrow to discuss his experiences.
   * Healthy Schools Campaign has been contacted and Dr. Kouba is waiting to hear back from them to discuss potential ideas and suggestions.

**ACTION NEEDED:**

1. Maura will update the Wellness Committee on progress within this project at the next meeting.
2. **Garden Updates: Christopher Epps & Marcia LaPorte**

* The school garden sale on December 20th was a success. In less than one hour, 43 bags of produce were sold. Feedback from teachers was overwhelmingly positive.
* Chris stated everything in the garden will be green by April, though the spinach and scallions are ready to be harvested.
* Mary D’Anza is planning another school garden sale.
* The PEHS Ecology club has almost been approved. Once this club begins, students from it will be involved with garden. Marcia LaPorte will be the club’s teacher advisor.
* Phillip Jiminez stated the YMCA has a garden space they want to begin using. He invited Christopher to visit the garden, and suggested the possibility for Christopher to instruct some of the YMCA’s members and residents on gardening.

**ACTION NEEDED:**

1. Christopher Eps will give Mary D’Anza dates that will work well for another school garden sale.
2. Phillip Jiminez will contact Christopher Epps regarding a visit to the YMCA’s garden.

**Future PEHS SWC Committee Meeting Schedule:**

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| --- | --- | --- | --- | --- | --- |
|  | Date | Day | Class Period | Location | Notes |
| **2017** | | | | | |
| 6. | Feburary 14 | 2nd Tuesday | 6 | TBD |  |
| 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.