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

**Meeting Minutes**

**March 14, 2017, Period 3, Room 76**

**In attendance:**

Patty Heidel, PEHS Teacher, Noah Salazar & Jonathan Gracia, PEHS Students, Janice Strong, ARAMARK representative, Christopher Epps, PP4H Garden Manager, Dr. Joanne Kouba & Kelly Sierra, Loyola SBHC dietitians, Maura Killian, Loyola Dietetic Intern.

**Welcome and introductions:** One new member, Jonathan Gracia, was present. Dr. Kouba gave a brief overview of PP4H and its goals. There were no changes to the minutes of the February 14th, 2017 Wellness Committee meeting.

**ACTION NEEDED: none**

1. **Announcements and Updates: Joanne Kouba**

* Mary D’Anza, a Loyola Dietitian, will beginning working with Wellness Committee on Monday. She will be committing 20 hours/week to community wellness activities with the ambition of starting Wellness Committees at Proviso West and PMSA.
* Dr. Kouba and Ms. LaPorte will be meeting with Ms. Rayburn, District 209 Manager, Career Readiness and Student Programs, today to discuss the PEHS Wellness Committee accomplishments and establishment of wellness committees at PWHS and PMSA in accordance with USDA policy.
* The quarterly PP4H meeting will take place this Saturday at Thatcher Woods, as Cook County Forest Preserve is one of PP4H’s partners. Other hubs of PP4H, such as those that focus on elementary schools, food access, etc., will be there as well. Everyone is welcome to attend the meeting, but an RSVP is requested.
* Some other ways to get involved in the community, suggested by Ms. Strong, are the Hillside Village meeting and the neighborhood watch community. The former meets the fourth Monday of every month at village hall. The village recently purchased the oldest house in the area and may be interested in a partnership with PP4H to help develop a garden space.

**ACTION NEEDED:**

1. Dr. Kouba will report back to Wellness Committee about the meeting with Ms. Rayburn of District 209.
2. Janice will share the Hillside Village meeting’s address with the committee.
3. Janice will send an email to the neighborhood watch commander inviting members to attend the PP4H quarterly meeting this Saturday.
4. **PEHS Pool Updates: Joanne Kouba**

* The goal of the pool is to increase physical activity and economic opportunities for students.
* West Cook YMCA is arranging for their staff to teach a session of the lifeguard certification class this spring for PEHS students during their PE class time. Ms. Tracy McCormack, PEHS Physical Education Department Chair and Phillip Jiminez, West Cook YMCA, are the primary representatives from each organization who are coordinating this effort.
* Per Ms. McCormick, approximately 30 students are interested in this program.
* In terms of finances, the West Cook YMCA is offering their program at a discounted price. PP4H is donating $1000 and District 209 will cover the remainder of the cost.
* Discussions have also been had between District 209 and the YMCA to allow the latter to rent the pool for some of their swimming programs.

**ACTION NEEDED:**

1. Tracy McCormick will update the committee on the status of the pool at the next meeting.
2. **Cooking Up a Change: Joanne Kouba & Maura Killian**

* Cooking Up a Change is a culinary competition between teams of students, who are tasked with creating a meal that matches the nutritional and financial guidelines of the National School Lunch Program. It was created by Healthy Schools Campaign and is currently implemented in CPS schools and other schools across the nation.
* Mr. Morris, a PEHS Foods teacher, was a faculty advisor for one of the winning teams. He is willing to work with the Wellness Committee to run this program with his advanced foods class.
* Maura has been in contact with Sara Porter, Healthy Schools Campaign, regarding advice on adapting the program for PEHS. Maura has started preliminary work with the goal of a PEHS Cooking Up A Change event, probably in spring 2018. Mary D’Anza and Kelly Sierra will head up the program going forward.
* Per Patty Heidel, we will need to see how this program works going forward with the implementation of an academies system in PEHS that will relegate students to specific educational areas.

**ACTION NEEDED:**

1. Kelly Sierra and Mary D’Anza will be heading up this program going forward and will continue to develop it and form community connections.
2. **Cafeteria Updates: Janice Strong**

* Taste testing in the cafeteria is beneficial because it generates student feedback. Janice agreed to another taste test in April, most likely on some of the different salad options.
* Janice suggested taste testing of fruits in the future to introduce students to new types of fruits.
* Per Janice, PEHS is serving over 200 Grab N’ Go salads per day.
* Grab N’ Go breakfast has recently been expanded to new locations, including the tower door entrance. The change in location has been accompanied with an increase in student breakfast participation from 200 in spring 2016 to over 500 students per day currently. As such, breakfast intake has more than doubled in the last year. However, because of the increased demand, manpower needs have also increased though the number of cafeteria staff has not.
* A suggestion offered by Kelly Sierra is to allow students who need community service hours to help prepare the breakfasts for their classmates by packing the bags.

**ACTION NEEDED:**

1. Dr. Kouba and Janice will coordinate the April taste test.
2. Janice will talk with Rhoan about engaging students in breakfast preparation for community service hours and report back to group, specifically to Patty Heidel.
3. **PEHS Health Fair: Dr. Joanne Kouba and Kelly Sierra**

* The Loyola school-based health center is hosting a two-day health fair next Wednesday and Thursday at PEHS
* Noah and Chris have volunteered to attend the health fair to promote the Giving Garden and attempt to gain more student interest and participation. A poster will be used to promote the garden.

1. **Giving Garden Updates: Christopher Epps**

* Per Chris, everything is on schedule and will be green in 6 weeks. He is currently growing carrots, mustard greens, radishes, spinach, lettuce, and snap peas. He is using the seeds generously donated by Ms. Heidel’s mother.
* Chris says it is time for the students to begin volunteering in the garden again. Ms. LaPorte will be a good resource for this, though Chris did receive the names of 30 students who showed interest in volunteering while at the PWHS career fair last week.
  + Last week, PP4H did another garden sale at PEHS. They sold 18 bags of spinach and 12 bags of scallions. Kelly suggested that in the future, sales be conducted on days when students are not there so that teachers have more time to purchase. Also, there was some confusion on the location of the day. It was suggested that the next sale be done in either the parking lot or hallway outside the health-based clinic to provide visibility and easy access.
* Chris says the next batch of produce will be ready by the last week of April for another sale.
* The farm stand will open and begin selling produce in May outside the high school.

**ACTION NEEDED:**

1. Chris will connect with Ms. LaPorte about potential, new student volunteers and will reach out to interested students.
2. Chris will contact Dr. Kouba about a date for the April garden sale.
3. **Suggestion Box: Dr. Joanne Kouba & Janice Strong**

* Following up on a student’s idea from a previous meeting, the topic of a suggestion box was re-introduced. Dr. Kouba provided a handout detailing the box’s purpose and description.
* Per Janice, PEHS has never had a suggestion box before, though they have conducted small group discussions to obtain student feedback on food offerings. Janice is open to the installation of a suggestion box in the cafeteria and said it would work best if placed on one of the pillars.
* A discussion was had about using social media in the future to disseminate information such as suggestion box summary with follow up actions, taste testing summary, information about the National School Lunch program, etc.

**ACTIONS NEEDED:**

1. Janice will look on Hubert to order a suggestion box and will give it to Dr. Kouba when it arrives.

**Future PEHS SWC Committee Meeting Schedule:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Date | Day | Class Period | Location | Notes |
| **2017** | | | | | |
| 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.