**Proviso East High School Wellness Committee**

**Meeting Minutes**

 **February 10, 2015, 12:10 pm (5th period); PEHS, Room 76**

In attendance: Hector Blanco (PEHS student), Rob Carter (ARAMARK), Madly Espinoza (PEHS student), Ben Goslawski (PEHS faculty), Lena Hatchett, PhD (Loyola), Marcia LaPorte (PEHS faculty), Porcia Lindsey (PEHS faculty), Miquel Ortiz (PEHS student), Kelly Sierra, RD, (SBHC/Loyola), Garry Sigman, MD (SBHC/Loyola), Breanna Winfrey (PEHS student), Joanne Kouba, PhD, RD (SBHC/Loyola).

1. Welcome and Introductions. Dr. Kouba welcomed everyone to the first meeting of the Proviso East High School Wellness Committee. Everyone introduced themselves. It was noted that representation of students, PEHS faculty, food service department, and the Loyola school based health center is wonderful. Joanne asked those present to think of other people that should also be part of this group. One parent had offered to attend but could not make it at the last minute. She plans to participate in the future. Additional parent members would be ideal. People who are part of this group should be familiar with Proviso East High School, interested in health, and have time to commit. Any suggestions about other members should be forwarded to Ms. LaPorte or Kouba. Everyone received a packet of introductory materials.
2. Overview of School Wellness Policy and Committees: The Child Nutrition Reauthorization Act of 2004 established the requirement that all school districts in the United States have a school wellness policy. In 2007, School Wellness Committees that develop and implement goals related to the wellness policy were required. The main focus is improving the nutrition and physical activity environment of schools. Childhood obesity has captured the attention of the parents, teachers, health care professionals and the public. A brief overview of the requirements of the federal requirements was provided by Joanne Kouba.
3. School Health and Wellness Assessment: The *Alliance for a Healthier Generation,*

sponsored by the Bill Clinton Foundation, provides resources on school wellness available for no cost and on-line. The first step is an assessment. Student members, teachers and Mr. Carter volunteered to work with Joanne K. during lunch periods to complete this assessment. The results should help in establishing goals and project for the coming years.

1. Goals and Objectives. Members discussed various ideas for improving the PEHS environment related to health and nutrition. Madly Espinoza, Hector Blanco, Shiandrell Davis and Breanna Winfrey spoke about the benefits they have gained from participation in Lunch Bunch including both information and the ability to experience new and healthy foods. Incorporating these foods into the cafeteria menu by offering sample for taste testing was discussed.

Mr. Carter reviewed some updates of the National School Lunch and Breakfast programs. Several members noted that this information is not known to students and parents. Mr. Carter mentioned the Grab’N’Go breakfast program, which has been successful, and a possible Grab’N’Go salad option for lunch. This is pending funding through the Allen grant, which was submitted in December.

The physical education teachers spoke about general lack of nutrition knowledge among students particularly related to snacks, beverages, fueling athletic performance. Dr. Sigman suggested including other physical activity options for all students and families.

Ms. LaPorte, who coordinates community services projects at PEHS, discussed the PEHS Community Garden which will start this spring using space made available by the Reuse Depot just south of PEHS. PEHS students will be able to work in the garden for their community service hours, gain skills in gardening and

physical activity. The Wellness Committee should partner with this effort as a way to encourage healthy food choices.

Family involvement and increased publicity/marketing related to wellness initiatives were noted as important for success. Dr. Hatchett encouraged policy, systems and environmental changes to make healthy options the easiest choice. Other ideas included coordinating new recipe development with the foods classes and teachers using a cooking competition format, non-food fundraisers.

1. Proviso Partners for Health. Lena Hatchett discussed a new coalition formed last fall with 30+ community partners from Proviso Township agencies including schools, day care, corner stores, churches, park districts and more. Proviso Partners for Health was initiated to work on obesity prevention at a community level with support from the Consortium to Lower Obesity in Chicago Children, Cook County Department of Public Health and United Way. Ms. LaPorte, Dr. Sigman and Joanne K have been involved. Members of the committee are welcome to attend meetings as well. The next meeting of this group is Saturday, March 28, 2015 at Loyola Health Sciences campus, Maywood, IL.

The meeting started at 12:00 pm and concluded at 1:10 pm in Room 76, PEHS. The next meeting is tentatively scheduled for Thursday, March 5, 3rd period. With everyone’s different schedules and lunch periods, it is not expected that everyone can attend every meeting. That is fine. The committee’s work can still proceed with team work, coordination and good communications.

## Respectfully Submitted,

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Joanne Kouba, PhD, RDN LDN

Registered Dietitian and Associate Professor

Loyola University Chicago and PEHS School Based Health Center