**Proviso East High School Wellness Committee**

**Meeting Minutes**

 **March 5, 2015, 10:00 pm (3rd period); PEHS, Room 76**

In attendance: Madly Espinoza (PEHS student), Ben Goslawski (PEHS faculty), Miquel Ortiz (PEHS student), Kelly Sierra, RD, (SBHC/Loyola), Willie, Lindsey Singleton (Loyola dietetic intern), Jill Simmons (Loyola dietetic intern), Joanne Kouba, PhD, RD (SBHC/Loyola).

1. Introductions and Review of the February Minutes. Everyone introduced themselves. No revisions to the minutes were noted. Joanne K. noted that parent members are still needed and asked all present to please forward suggestions to Mrs. Sierra or herself.
2. School Health and Wellness Assessment: A team of students with input from Ms.Lindsey, Ms. LaPorte and Mr. Carter has completed 4 of the 8 modules of the *Alliance for a Healthier Generation’s* on-line, school wellness assessment tool with coordination by Joanne Kouba. The 4 completed modules include: #1 School Health and Safety, #4 Nutrition Services, #7 Health Promotion for Staff and #8 Family Communications. Two of the modules (#5 Health Services and #6 Counseling, Psych and Social Services) are optional and will not be completed at this time. Two required modules (#2 Health Education and #3 PE and other Physical Activity) are partially completed. Reports generated by the completed modules were distributed for members to review. Discussion follows on results and ideas for project to address areas of need.

#1 School Health and Safety

* Action Areas from on-line assessment
	+ Representative school health committee or team (partial)
	+ Local wellness policy (partial)
	+ Access to drinking water (partial)
	+ Prohibit food as reward/punishment
	+ Prohibit physical activity as reward/punishment
	+ All beverages sold during school day meet USDA Smart Snacks

In schools criteria

* + Some items not completed in this area
* Ideas:
	+ Invite Deans to participate in PEHS Wellness Committee
	+ No selling of food by students, staff, teachers that don’t meet USDA criteria
	+ Non-food fundraisers (not all but some)
	+ Healthier food/beverages options at extracurricular events
	+ Week before finals or testing, offer stress-relief mobile kiosks for students
		- Brain foods, water, comfort dogs,

#4 Nutrition Services:

* Action Areas from on-line assessment
	+ Variety of foods in school meals
	+ Promote healthy food and beverages choice using Smarter Lunch room techniques
	+ Venues outside of cafeteria offer fruits and vegetables
	+ Collaboration between nutrition services staff and teachers
	+ Farm to School Activities
	+ Clean, safe, pleasant cafeteria
* Ideas:
	+ More variety—students saying mostly pizza and deli line
		- Not enough fruit salad, vegetables, baked chicken
	+ Different fruits included in breakfast like applesauce, fruit pouches
	+ NO reformulated products (like reduced sugar poptarts or cereals)
		- If CPS can do this with ARAMARK, why not PEHS?
	+ Healthier chicken
	+ More plant based foods in cafeteria
	+ Tasting/sampling in cafeteria to promote and build acceptance of new and healthier items
		- Could be done with help of Lunch Bunch students and SBHC staff
		- Weekly
	+ Post menus in cafeteria and on PEHS website
	+ Fresh fruit, fruit salad in competitive food line
	+ Art work to enhance cafeteria environment and encourage good food intake, promote new items
		- Poster contest coordinate through art classes/club
		- Murals?
	+ Ask Mr. Carter to share results of ARAMARK survey
	+ Recipe contest coordinated with PEHS foods classes and teachers

 #7 Health Promotion for Staff:

* Action Areas from on-line assessment
	+ Health assessments for staff members
	+ Programs for staff members on physical activity/fitness
	+ Modeling healthy eating and physical activity behaviors by staff
	+ Promote staff member participation
	+ Programs for staff members on healthy eating/weight management
	+ Breastfeeding policy for staff
	+ Health education for staff
	+ Stress management for staff
* Ideas:
	+ Needs assessment of teachers for their ideas of topics, venues for staff health promotion events, activities
		- Incorporate in Institute Days
		- Late start Mondays—health ed for teachers by department
	+ Staff health fair with health assessments (BP, BMI)
	+ Competition among teachers for behavior modeling
	+ Lunch Bunch sessions on a regular basis for staff
		- Offer to different department on various months, etc.

 #8 Family & Community Involvement:

* Action Areas from on-line assessment
	+ Family and community involvement in decision making (health related)
	+ Student and family involvement in school meal programs and other foods/beverages sold, served and offered on school campus
	+ Family and community access to school facilities
* Ideas:
	+ PEHS Wellness Committee visible when parents at PEHS
		- Registration Day---pledge/challenge
	+ Health Fair table for PEHS Wellness Co.
	+ Celebrity sponsors as community role models for PEHS Wellness:
		- Doc Rivers, Sherrel Ford, Michael Finley
		- Brief video clips to show in cafeteria
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