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

**Meeting Minutes**

**December 8, 2015, 12:10pm-1:10pm (5th period) PEHS, Social Room**

In attendance: Myleah Mathem (PEHS student), Hector Blanco (PEHS Student), Breanna Winfrey (PEHS student), Willie Nuly (PEHS student), Kelly Sierra, RD (PEHS SBHC), Whitney Henderson (PEHS faculty), Miguel Ortiz (PEHS student), Madly Espinoza (PEHS student), Joanne Kouba, PhD, RD (SBHC/Loyola).

1. **Welcome and Introductions:** Review of Minutes: Minutes of November 10, 2015 meeting were reviewed and accepted without changes. This included the PEHS Wellness Committee goals for the year.

2. **Grab’N’Go Salad Program:** ARAMARK food service staff has provided baseline data on purchase of fruits and vegetables for August, September and October 2015 to Joanne K. This will be used to establish benchmarks used in the evaluation plan. Once the evaluation plan is submitted to Lena Hatchett (Proviso Partners for Health), Drew Martin (PLCC) will order the cooler.

 **ACTION NEEDED:**

a. Joanne K to assemble purchase orders as part of evaluation plan and forward to Lena Hatchett.

 b. Equipment ordered through PLCCA.

3. **Food Patriots:** Ms. LaPorte has scheduled a showing of the documentary Food Patriots for Thursday, March, 31, 2016, approximately 6pm-8pm in the PEHS auditorium. The filmmaker, Jeff Spitz, will be present to lead a discussion after. This event will be open without charge to the PEHS community (students, parents, staff), Proviso Partners for Health members, Loyola Health Sciences Division community (students, staff, faculty). One theme of the film is gardening. The March 31 date promote PEHS student involvement in the Giving Garden.

**ACTION NEEDED:**

a. Publicity: PEHS students needed to spread the word and post flyers, etc. Publicity materials from the Food Patriot website will be investigated; or we will work on making one for wide distribution.

4. **Staff Wellness:** Staff Wellness Lunch Bunch sessions led by Addie VanZwoll, on mental health topics, and Kelly Sierra, on nutrition topics will be planned for spring 2016. Other staff wellness offerings were discussed including Zumba classes and health screenings

**ACTION NEEDED:**

a. Dates to be established by Mrs. Sierra and Ms. VanZwoll for teacher LB sessions.

b. Meghan Nilan will contact local groups to ask about Zumba classes being offered after school for teachers.

c. J. Kouba will discuss health screenings with SBHC staff at their next staff meeting.

5. **Prom Boot Camp:** PEHS prom is scheduled for May 13. A boot camp using physical education equipment in the cardio room above Memorial Hall, perhaps 3 times/week, was discussed. Ms. Lindsey will coordinate with support from the SBHC staff for nutrition activities.

**ACTION NEEDED:**

a. To be continued at the January meeting.

6. **Proviso Partners for Health Updates:**  Upcoming meetings will be held at various member locations and are summarized below:

February 6, 2016: Quinn Community Center

 May 7, 2016: Maywood Public Library

 September 17, 2016: Maywood Park District

 November 12, 2016: Proviso East High School

**ACTION NEEDED:** none

The meeting began at 12:10 pm and ended at 1:10 pm in the PEHS Social Room. The next meeting is scheduled for Tuesday, January 26, 11:05am – 12:05pm. Members include staff, students, parents and Loyola faculty, with this in mind, different schedules may not allow for everyone to attend every meeting. Though not everyone can attend, the committee’s work still proceeds with teamwork, coordination and optimal communication.

Respectfully Submitted,

Joanne Kouba