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

**Meeting Minutes**

**November 10, 2015, 11:05am – 12:05pm (4th period); PEHS, Social Room**

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

1. **Welcome and Introductions:** Introductions were made. Two new attendees to the Wellness Committee (WC), Willie Nuly (PEHS student) and Gloria White (ARAMARK), introduced themselves and were welcomed. Review of Minutes: Minutes of September 22, 2015 meeting were reviewed and accepted without changes. It was noted that they are available on the WC website for future reference.
2. **Food Day Report:** Mrs. Kelly Sierra, RD reported on the success of the Food Day exhibit in the cafeteria. Mrs. Sierra and Loyola Dietetic Interns held a “Go Green” exhibit in the cafeteria during the five lunch periods. Green vegetables were given as samples for taste testing, interns held short games for prizes, and students were given the opportunity to interact with the dietetic interns and ask questions. Overall, the exhibit was a success and proved to provide a good turn out of student participation.
3. **Wellness Committee Goals for the 2015-2016 Academic Year:** Dr. Kouba provided a summary of the strategic planning process for the WC. This involved one session (August 6) at the Quinn Center (St. Eulalia) led by Dr. Hatchett as part of the Proviso Partners for Health coalition, and our September meeting. Madly Espinoza, Brianna Winfrey and her mother attended the August session. A draft of the goals were developed, distributed and reviewed with discussion (see attached).

**ACTION NEEDED:** Vote to accept at next meeting

4. **Grab’N’Go Salad Program:** The goal of this project is to improve access and affordability of fruits and vegetables in the PEHS cafeteria. Since the Grab’N’Go breakfast has proven to be a successful strategy at PEHS, using this concept for salads during lunch has been discussed with agreement by ARAMARK food management. The idea is that this would also improve the flow of students making it easier to quickly get healthy foods. Proviso Partners for Health received SCALE grant funding from the Institute for Health Care Improvement. Approximately $5000 has been earmarked for projects at PEHS to improve food access. Proviso Partners for Health will purchase a refrigerated cooler, on wheels, for this purpose. However, an evaluation plan is required, including baseline data on purchase and numbers served, by the SCALE before PP4H can release funds for purchase of the equipment. These funds will not be available after February 2, 2015. Dr. Kouba has been in contact with ARAMARK staff regarding details for submission of the evaluation plan. Ms. White will follow up and assist with providing this information so the equipment can be ordered by PLCCA (fiscal agent for the SCALE grant through PP4H).

**ACTION NEEDED:**

a. Baseline data on specifications and amounts of fresh fruits and vegetables purchased weekly and number of salads served weekly for evaluation plan.

b. Equipment ordered through PLCCA.

**5.** **PEHS Faculty/Staff Wellness Survey:** Meghan Nilan, Dietetic Intern, coordinated the development and completion of an on-line survey of PEHS faculty and staff related to wellness activities that the WC and Loyola school-based health center (SBHC) staff might provide. This was reviewed and approved by Dr. Hardy, PEHS principal; and distributed to PEHS faculty/staff via the PEHS administrative distribution list by Mrs. McAllister on Oct. 28. Meghan summarized survey results which included: a) 24 surveys were completed, which was considered to be a good response, b) the most favorable responses were for offerings to increase physical activity (96% agreement), Faculty/Staff Lunch Bunch (80% very likely to attend), health screenings (80%), stress management (71% very interested), and a monthly wellness newsletter (61%). Additional interest was expressed for an after school walking club (33%), mindfulness training (54%), yoga (54%). Feasible wellness program offerings were discuss by those present. It was decided that starting in January 2015, regular Teacher/Staff Lunch Bunch sessions will be offered including both nutrition, physical activity and stress reduction topics. Mrs. Sierra and Ms. VanZwoll will be involved in coordinating these, along with Loyola students. Options for physical activity offerings such as Zumba and a newsletter will be considered. The health screenings are more involved but will be discussed with the SBHC staff.

**ACTION NEEDED:**

a. Mrs. Sierra to coordinate planning and delivery of regular LB sessions for Faculty/Staff starting in January 2015.

b. Meghan Nilan, dietetic intern, to investigate Zumba or other physical activity

options for faculty/staff physical activity program including source of teachers, cost, location within PEHS.

c. Dr. Kouba will discuss health screenings with SBHC staff. PEHS administration will be included in discussions.

**6. Food Patriot Documentary:** Joanne reported that Ms. LaPorte has attempted to connect with Jeff Spitz (filmmaker), without response, to arrange a date for viewing.

This would be a good event to plan for spring 2016 to encourage interest and participation in the Giving Garden.

**ACTION NEEDED:**

a. Joanne Kouba to follow up with Ms. LaPorte on this.

**7.** **Proviso Partners for Health Updates:** Several documents were distributed and discussed that included some primary and secondary aims of the PP4H group related to food access. This information provides a framework to understand how the PEHS WC relates to this larger community group. PP4H, through the SCALE grant, and other resources provides support to our group. All PEHS WC members are welcome and encouraged to attend the quarterly PP4H meetings. 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

**8. New Business and other Discussion:**

* *The Giving Garden:* PEHS students elaborated on its overall success and participation increasing towards the end of the season. Participation between PEHS, Triton College and Loyola faculty allowed for the overall success of the garden. Members discussed strategies to increase participation next season through social media, visuals, and student announcements. In total, fifteen local teenagers, including PEHS students helped with the community garden this past season.

**ACTION NEEDED:** Promote Giving Garden participation in spring—Food Patriots film as noted above.

* *Lunch Bunch Cookbook:*  In 2007, a Lunch Bunch cookbook was developed by SBHC staff and dietetic interns and distributed at the PEHS health fair. This included 30 Lunch Bunch recipes, basic nutrition and food sanitation information. The goals was to encourage PEHS students to prepare these health recipes at home that they had tasted and accepted during Lunch Bunch participation.

It was suggested that this be done again, including contributions of recipes assembled PEHS students, ARAMARK favorites from the cafeteria (such as Baboom Sirachi chicken sandwich) and Lunch Bunch creations. Credit will be given to those who contribute recipes. Nutrient analysis can be completed by Loyola dietetic interns.

**ACTION NEEDED:**  Mrs. Sierra volunteered to lead this project with assistance from PEHS and Loyola students, SBHC staff, and ARAMARK staff.

* *Prom Boot Camp:* Several PEHS students noted that Ms. Lindsey coordinates a Prom Boot Camp in the spring. This may be another great partnership for WC committee activities.

**ACTION NEEDED:** Joanne Kouba will connect with Ms. Lindsey about this.

The meeting began at 11:05 am and concluded at 12:05 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,

Meghan Nilan and Joanne Kouba

Note: See attachment below.

**Proviso East High School**

**Local School Wellness Committee**

2015-2016

**Mission:** To create a school community that supports health.

**Goals and Objectives**

1. Strategic Plan:

* Complete a Strategic Plan using information from the Alliance for a Healthier Generation School Wellness Assessment completed in spring 2015.

2. Food Access: Improve access to high quality food for students and staff:

* Grab’N’Go salads in PEHS cafeteria: start in 2015
* PEHS Community Garden: increase participation
* National School Breakfast and Lunch Programs: ↑ participation
  + Taste Testing: Monthly:
  + Community Eligibility Benefit Provision started in Sept. 2015

3. Build Capacity: Empower students and faculty to be positive change agents related to health behaviors.

* Peer Youth Advocates: identify, train, fund
  + Funding for PEHS students to work on Wellness Committee and PP4H projects
* Engagement with PP4H

4. Staff Wellness: Assess need and ideas for to support staff wellness.

* Survey of staff/faculty by December 2015
* Plan at least one initiative to be started in January 2016

 



 