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

**Meeting Minutes**

**January 26, 2016, 11:00am – 12:00pm (4th period); PEHS, Social Room**

In attendance: Noah Salazar (PEHS Student), Breanna Winfrey (PEHS student), Willie Nuly (PEHS student), Gloria White (ARAMARK), Kelly Sierra, RD (PEHS SBHC), Rachel Schectman (Loyola dietetic intern), Whitney Henderson (PEHS faculty), Miguel Ortiz (PEHS student), Madly Espinoza (PEHS student), Joanne Kouba, PhD, RD (SBHC/Loyola), Vanessa Sanchez (Youth Outreach Services), Holly O’Connor (Loyola), Sandra D. Harrison (PEHS).

1. **Welcome and Introductions:** Introductions were made. Two new attendees to the Wellness Committee (WC), Noah Salazar (PEHS student) and Vanessa Sanchez (Y.O.S.), introduced themselves and were welcomed. Review of Minutes: Minutes of December 8, 2015 meeting were reviewed and accepted without changes. It was noted that they are available on the WC website for future reference.
2. **Grab’N’Go Salad Program:** Under the SCALE grant given, Drew Martin from PLCCA will issue a check to place the order for the new refrigerated unit in the PEHS cafeteria. Project implementation may start at the end of February or early March. Salad taste testing prior to the start of the program will be offered during certain lunch hours leading up to implementation. Gloria White (ARAMARK supervisor) suggested four salads as initial offerings for the Grab’N’Go salad program. She distributed recipes for review. They included a Chef’s salad, grilled chicken Caesar, fresh fruit salad w/ yogurt dressing, and several others. Dressings will be available on the side. To generate enthusiasm, promotional ideas included taste testing, a logo for use on flyers, Tshirts, a banner, morning announcements (e.g. poem, rap song, slogan, jingle), and a website posting. Taco salad was a suggestions from students.

**ACTION NEEDED**:

1. Holly O’Connor, Loyola MNSON graphic artist, will devise a logo for the project. PEHS students and faculty will assist with promotion.
2. After the cooler is ordered, an approximate delivery date will be set by the vendor. After this is determined, details of the launch can be planned with ARAMARK staff and the Loyola SBHC dietitians.
3. **PEHS Faculty/Staff Wellness:** Staff Wellness Lunch Bunches are planned for January 25, February 29, March 10, March 28, April 25 and May 9 by Mrs. Sierra and Ms. VanZwoll, SBHC staff. The January 25 session had a good attendance with 27 PEHS faculty and staff. Addie VanZwoll, CSW, coordinated the session which focused on mental health. A guest speaker from Chicago Lake Shore Hospital provided an overview of their services. On either March 10ththere will be health screenings that will include checking blood pressure and calculating BMIs. This will be a coordinated effort with Whitney Henderson, SBNC nurse practitioner and Kelly Sierra. The faculty/staff Wellness Survey online reported that participants requested physical activity options for after school. A few facilities were contacted, but with limited responses.

**ACTION NEEDED:** Dr. Kouba will follow up to evaluate physical activity options.

1. **Food Patriots:** The Food Patriots documentary will be shown on March 31st , from 6pm -8pm in the PEHS auditorium following day 2 of the Health Fair. The purpose of the film is to connect people with their food as well as gardening. Jeff Spitz, the filmmaker, will be present to lead a discussion afterwards. The event is open to the PEHS community (students, parents, and staff), Proviso Partners for Health members, and the Loyola Health Sciences Division, all attendance is free of charge. We are considering a raffle with movie tickets as prizes.

 **ACTION NEEDED**

a. Promotion for the event; Holly O. to make flyers, posters, banners

 b. Coordinate with Ms. Laporte of the PEHS art department for incorporation of student artwork

 c. Connect with Anne Andreoni about inviting District 89 parents

 d. Organize raffle and purchase movie gift cards

**5. Lunch Bunch Cook Book:** Kelly Sierra, RD is organizing a cookbook made of a compilation of Lunch Bunch recipes. Loyola Dietetic Interns will distribute the cookbooks at the annual PEHS Health Fair, March 30-31. Credit will be given to those who contribute recipes. Nutrient analysis can be completed by Loyola dietetic interns. The goal of this book is to encourage PEHS students to prepare these healthy recipes at homeOne day a month (2nd week of each month), a recipe of the day can be featured and promoted.

The discussion also included recipes from “non-lunch bunch” students, but it was decided that the cookbook for the health fair would contain only Lunch Bunch recipes to keep the project manageable given the timeframe. Youth Outreach Services staff suggest that their Pulse magazine might be a good platform for these recipes. The possibility of a larger PEHS cookbook as a fundraiser was also discussed.

**ACTION NEEDED:**

a. Mrs. Sierra to coordinate the cookbook with dietetic interns and Holly O’Connor.

b. Sandra D. Harrison to contact Pulse Magazine.

**6. Prom Boot Camp**

Breanna W. reported updates on the development of Prom Boot Camp. Ms. Lindsey is planning to coordinate a Prom Boot Camp in the spring, before the scheduled Prom date of May 13th. The event would include workout class(es) to promote physical activity and potentially a nutritional component with an RD or dietetic intern as a speaker. The program will be for the Senior, class of 2016 (and possibly any other interested participants). It is estimated that 20+ students would be involved/interested in the event.

**ACTION NEEDED:**

1. Specifications from Ms. Lindsey of dates, locations, times for the class(es).
2. Once event details are confirmed, promotion of event can begin

**7.** **Proviso Partners for Health Updates:**  All PEHS WC members are welcome and encouraged to attend the quarterly PP4H meetings. These meetings discuss the current information about how the PEHS WC relates to the larger community group. PP4H, through the SCALE grant, and other resources provide support to our group. Upcoming meetings will be held at various member locations and are summarized below:

February 6, 2016: Loyola Health Sciences Division Campus, 2160 S. First Avenue, Maywood, IL, 60153, School of Nursing, 0505 (lower level) auditorium.

Note: Change of original location

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 11:05 am and concluded at 12:05 pm in the PEHS Social Room. The next meeting is scheduled for **Tuesday, February 23, 11:05am – 12:05pm.**

Respectfully Submitted,

Rachel Schectman and Joanne Kouba