

Proviso East High School Wellness Committee (SWC)
Meeting Minutes
January 29, 2018, 6th Period, Room 76

In attendance:

McCormick	Tracy	Dept Chair – PEHS PE
LaPorte	Marcia	PEHS Fine Arts Chair
Harris	Dominique	University of Illinois, Cooperative Extension Service
Derks	Laura	Volunteer at Forest Preserve, Fly Bird Experience
Kouba	Joanne	Registered Dietitian/ Loyola SBHC
Sierra	Kelly	Registered Dietitian/ Loyola SBHC
Heidel	Patty	PEHS teacher, Applied Sciences, Family & Consumer Sciences
Lazzar	Diane	PEHS teacher, Health Education & PE
Ruiz	Bertha	PEHS Coordinator, College & Career Academy
Rogers-Land	Alfreda	Who was this?
Avilla	Laura	Student
Hillegonds	Cathy	PEHS teacher, Science
Forsythe	Alex	Dietetic Intern - Loyola University

- 1. Introductions.** The meeting started by people introducing themselves.
- 2. Smarter Cafeteria Report and Strategies: Dr. Kouba & Kelly Sierra.** Dr. Kouba discussed the purpose of the Smarter Cafeteria, through Cornell University, initiative which is to **build a cafeteria environment that makes healthier choices easier for students**. PEHS ranked Bronze with a score of 19/60 on the smarter cafeteria report card. Areas of improvement discussed at the last WC meeting included a visual menu, sliced or cut fruit, taste-tests for students to get opinions, creative names for foods, positioning white milk, posters in dining area, showcase student work in cafeteria, and include smart lunchroom strategies in School Wellness Policy. After visually assessing the cafeteria at lunchtime, Dr. Kouba and Ms. Sierra identified a lack of signage as a priority area requiring improvement. A lack of signage advertising the food stations, food items available, and menu for the day/week/month was noted, in addition to limited marketing efforts encouraging students to make healthier choices. On January 19th, Mr. Joseph Brown (ARAMARK), Kelly S, Mary M, Joanne K met to discuss improved signs to direct students to healthy cafeteria options; and also improve the environment in general. Holly O’Connor, graphic designer at Loyola University, offered simple, creative ideas for signage and ways to strategically place them. Mary Mora confirmed PP4H has the funding available to supply a digital display monitor to promote healthy messages and/or display lunch menu. The main focus will be to add simple, creative, and impacting signage in the school cafeteria to encourage and redirect students to make healthier choices. Posters providing health-related facts/statistics will be ordered and displayed in the cafeteria to address lack of healthy marketing. Chalkboards (mini) will be ordered and positioned by the food stations. A larger sign will be hung above the door advertising the “grab-and-go” salad station. A digital display monitor will be purchased and placed in the cafeteria. Students will be asked to participate in the creative aspects of this strategy (i.e. writing on chalkboards, making videos to advertise food items available in cafeteria).

ACTION PLAN: Strategy that was identified was improving signage in the cafeteria.

- a. Signs in cafeteria: Holly O'Connor to work with Kelly and Mary to develop and post signs (verbal cues) in the cafeteria.
- b. Posters of health foods (fruits/vegetables/gardens): Marcia LaPorte will work with PEHS art students to create artwork that enhances the general cafeteria environment (visual cues). She recently received supplies for this purpose through PP4H.
- c. Digital billboard in the PEHS cafeteria: Mary M. will work with PP4H leadership to purchase a digital sign in the PEHS cafeteria. Marcia LaPorte will determine which PEHS administrative approvals are needed. Kelly will coordinate installation with PEHS staff. This will be made available to ARAMARK to post the weekly/monthly cafeteria menu. PEHS and SBHC staff will be invited post creative healthy messages in the cafeteria related to food/nutrition/physical activity.

3. **Giving Garden: Marcia LaPorte.** Although the garden is inactive for the winter months, Ms. LaPorte suggested planning spring field trips to the garden that would involve students walking to the garden site. Ms. Hillegonds expressed interest in the ecology club students getting involved.

ACTION PLAN: Ms. LaPorte to contact Chef Morris/Jenny Miller regarding upcoming garden projects and organizing field trips.

4. **One Earth Film Festival/The Gateway Bug: Marcia LaPorte.** The One Earth Film Festival will show *The Gateway Bug* on March 6 at 6:00 pm at Roosevelt Middle School (7560 Oak Ave., River Forest). The documentary will explore the nutritional and environmental benefits of eating insects while exploring global issues of world hunger and a diminishing food supply.

ACTION PLAN: To increase event participation, Ms. Laporte mentioned busing students to the event. Ms. Hillegonds expressed interest in ecology club attending.

5. **Forest Preserve Opportunities: Laura Derks.** Ms. Derks discussed the unique opportunities the Cook County Forest Preserve provides that allow students to connect with nature. Ms. Derks discussed the idea of getting students comfortable in an outdoor setting and teaching them how to stimulate their senses to truly appreciate the power of nature. Ms. Derks mentioned that the students will participate in activities such as scavenger hunts during visits. Ms. Derks also recommended trips to the Trailside Museum. The advantage of the forest preserve as a resource to students living in urban settings is that it teaches them to appreciate nature while increasing physical activity. Ms. Derks distributed brochures highlighting the "Flybird Experience." Dr. Kouba asked PEHS student Laura her thoughts on visiting the forest preserve. Laura expressed her interest stating that there are not many after school activities and that the experience could be a good escape while providing the opportunity to learn something new.

ACTION PLAN: Ms. Derks to meet with STEM academy to discuss initiating the forest preserve visits and whether it will be incorporated into the student curriculum. PEHS will provide busing to shuttle students after school or during school.

6. ARAMARK Cafeteria Food Service Discussion. Joseph Brown (ARAMARK) stopped by to ask for assistance in distributing information to PEHS student encouraging them to complete the on-line ARAMARK survey. Suggestion Box comments were summarized by Ms. Sierra, as outlined below, and discussed.

- Microwaves in cafeteria
- Baked potato bar
- More fruit other than apples, banana, oranges
- Chicken tacos
- Subs
- Gyros
- Complaints: lettuce is too soggy, burgers unhealthy, pizza greasy, etc.
- Food shortages: yogurt parfaits, salads

ACTION PLAN: Wellness Committee to assist Mr. Brown in distributing ARAMARK on-line survey information to PEHS students. Ms. Sierra to forward Suggestion Box report for January to Dr. Hardy, Mr. Aguiere and Mr. Brown. Ms. Sierra to work with Mr. Brown in creating healthier lunch options with more variety that students will enjoy.

7. Aquatics Update: Aquatic classes are scheduled to start the second week of February, offering classes to 400 students This will be a major accomplishment as swimming classes have not been offered at as part of regular PE classes at PEHS in years. This is made possible due to partnerships that developed between the West Cook YMCA, District 209 and PP4H by Wellness Committee coordination. Ms. McCormick mentioned the 10 lifeguards completed and passed the lifeguard certified in the fall. These, in addition to the spring 2017 cohort of those who went through PEHS lifeguard training, will be lifeguards in for the regular PE classes that offer swimming instruction. The work of Ms. McCormick and other staff was acknowledged for this system change that will increase physical activity options for PEHS students. PP4H funds continue to support this system change through additional purchases of equipment (life jackets, swimming caps, etc.) this fall.

8. Additional Areas Discussed.

- a) Ideas for recycling initiatives at PEHS were discussed. Ms. Hillemonds and the ecology club will be involved in these initiatives. Ms. Derks mentioned the “Shedd the Straw” campaign, compostable lunch trays and food composting were also discussed.
- b) Wellness Committee to host their own film festival and feature documentary *Wasted!*
- c) Making free chilled water accessible to students during lunch period as an initiative to prevent obesity and to decrease sugar sweetened beverage consumption was revisited. Dr. Kouba mentioned that resources are available to buy coolers. Ms. Heidel suggested the idea of a water stations instead of coolers.
- d) Offering students food from outside vendors (i.e. Firehouse subs) at a discounted rate. Ms. Rogers-Land to send Ms. Sierra nutritional information of Firehouse subs. WC to review National School Lunch Program policy to review if permitted.

- e) **Cooking Up A Change Announcements:** Proviso Partners for Health Quarterly Meeting Feb 3, Loyola Health Science campus, 2160 S. First Avenue, Maywood, IL Stritch School of Medicine Building
- f) **2018 Wellness Committee meetings.** The following dates are proposed for the 2018 Wellness Committee meeting dates:
- g) **A delicious lunch** prepared by Mrs. Sierra and Ms. Forsythe was enjoyed by those present.

2018 PEHS SWC Meeting Schedule, Room 76

Date	Day	Class Period
February 26	Monday	4
March 19	Monday	6
April 23	Monday	5
May 21	Monday	3

Lunch will be served at all Wellness Committee Meetings.

Reminders: PEHS Wellness Committee website is: <http://pehswellnesscommittee.weebly.com/>
 This online source has all PEHS Wellness Committee minutes.

Respectfully Submitted,

Alexandra Forsythe, Loyola Dietetic Intern and
 Joanne Kouba, PhD, RDN, LDN, Wellness Committee Co-Chair