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

**Meeting Minutes**

**November 1, 2016, Period 6, PEHS, Social Room**

In attendance:

Period 6: Vanessa Sanchez, Ann Terrell, Christopher Epps, Tracy McCormick, Noah Salazar, Clarence Jackson, Jamie Schumann, Marcia Laporte, Joanne Kouba, Lauren Williams

1. **Welcome and Introductions.** Everyone introduced themselves. New members included Jamie Schumann, acting ARAMARK Food Service Director, and Vanessa Sanchez, Youth Outreach Services. Christopher Epps, Farm Manager for the Giving Garden, joined as an invited guest to coordinate some events with the Giving Garden. There were no changes to the minutes of the October 11 Wellness Committee meeting.

**ACTION NEEDED: none**

1. **Alliance for a Healthier Generation School Health Index.** Joanne K. worked with several PEHS students through October to update the School Health Index, an on-line tool to provide ideas and guidance to wellness committees nationwide. A summary page (see attached) by category was distributed with ideas for projects for the committee this year. To date, most Wellness Committee projects have focused on food. It would be nice to include a goal related to increasing physical activity options. Some ideas to promote physical activity include: open gym room (PMSA has one), walking club, and dance classes. There is a retired gym teacher, Ms. Marzek, who may be interested in teaching some classes. Ms. McCormack noted that many staff and students would want the drill room to be available. Several items would need to be provided to make this an option including security to minimize risk of damaged equipment, which is costly for the school, a staff person who is CPR certified, and AED equipment. Members are asked to review the list and email Joanne K. with their suggestions for priority items as this year’s goals. Last year, four goals were identified and three completed.

**ACTION NEEDED:**

* 1. Members are asked to email their top three suggestions by priority to J. Kouba ([jkouba@luc.edu](mailto:jkouba@luc.edu)) by November 15, 2016.
  2. Tracy McCormick will follow up with PMSA on their open gym room
  3. Joanne Kouba will follow up with other physical activity events to implement at Proviso including getting in contact with retired gym teacher (Marzek) and the security issues regarding the drill room.

1. **Giving Garden:** On November 10th, Christopher Epps and Mary D’Anza, RD, will be presenting an overview of the Giving Garden to freshmen during 3rd period. The goal is to increase interest and engagement of the of PEHS students. They may also stay after to do presentations at other classes, such as the Foods, Health or science classes. Teachers can sign up to have him present in their classes. They may also present during Lunch Bunch.

The Giving Garden will be growing during the winter months. Christopher has been busy planting winter crops with the assistance of Noah Salazar, PEHS senior, who planted over a hundred scallions recently. There was a discussion about increasing marketing events of Giving Garden at assemblies, the health fair, football games, and the Fine Arts Concert on December 6th. On December 20, produce will be sold to faculty outside the main office during finals. These items will be sold at low prices in order to increase awareness of this garden to faculty.

**ACTION NEEDED:**

1. Marcia Laporte will follow-up with Christopher Epps on additional presentations after 3rd period and on marketing plan during Fine Arts Concert.
2. Joanne Kouba, Christopher Epps, Marcia Laporte, and students will plan and coordinate selling of Giving Garden produce on December 20th.
3. **ARAMARK Updates:**  Jamie Schumann, acting Food Service Director for ARMARK, introduced herself. She has 17 years of experience with ARAMARK including work various school districts. Discussion included the goal of increasing fresh produce availability in cafeteria, potential use of waste for compost for Giving Garden, and a sharing table of produce that students no longer want. Discussion also included potential redesign and remodeling of the PEHS cafeteria. Jamie noted that plans would need to be established by January to apply for zoning permits and similar items if this work is to be done for the AY 2017-2018. Flyers and posters may be added to cafeteria to promote fruits and vegetables. Marcia Laporte suggested using canvas paintings to be used. Joanne Kouba noted that specific goals for the year include expanding the Grab’N’Go salads to both Proviso West High School and Proviso Math and Science Academy, in addition to increasing variety of salads at Proviso East to include more nutrient-dense greens (spinach, kale) and others as suggested by students in past meetings (see minutes from Oct. meeting). To increase student acceptance, introduction of new items should be accompanied by taste-testing. Ideally the PEHS Wellness Committee students should be involved and hopefully viewed as “ambassadors” to increase acceptance. The importance of including PEHS students in order to increase participation in these events was noted. Ms. McCormack asked about pricing of foods in the teacher’s lunch room and noted that prices are not posted leading to hesitancy of teachers to use the cafeteria for their lunch. Jamie noted the concern and said the issue will be addressed.

**ACTION NEEDED:**

* 1. Joanne Kouba, and Marcia Laporte will follow up with Jamie on these ideas to see what could be implemented in the cafeteria.
  2. Marcia Laporte will follow up on potentially using canvas paintings
  3. Joanna Kouba will follow up to see if grant money can cover cost for canvases for project
  4. Joanne Kouba will follow up to coordinate taste tests in cafeteria from students.

1. **Marketing/Promotion of the PEHS Wellness Committee**: T-shirt designs were reviewed. These were developed by Holly O’Connor, Loyola School of Nursing graphic artist, who is funded through the Trinity grant to work 4 hours/week on *Proviso Partners 4 Health* and PEHS Wellness Committee projects. The majority liked the one with the emojis. Ms. LaPorte suggested a Proviso blue shirt with yellow ink for the emojis. However, committee members discussed removing the word “so” from the design. These shirts will be worn by PEHS students and perhaps ARAMARK staff to promote new items in the cafeteria that focus on fresh fruits and vegetables, during Giving Garden sales, and other times. Members preferred a blue shirt with yellow emojis. Shirts will be distributed to Wellness Committee members after attending their third meeting.

**ACTION NEEDED:** Review changes to design with Holly O’Connor. T-shirts will be made and distributed in January.

1. **Future PEHS SWC Committee Meeting Schedule:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Date | Day | Class Period | Location | Notes |
| **2016** | | | | | |
| 4. | December 6 | 2nd Tuesday | 4 | Room 76 | no nursing LB |
| **2017** | | | | | |
| 5. | January 17 | 3rd Tuesday | 5 | TBD | After MLK holiday |
| 6. | Feburary 14 | 2nd Tuesday | 6 | TBD |  |
| 7. | March 14 | 2nd Tuesday | 3 | TBD |  |
| 8. | April 11 | 2nd Tuesday | 5 | TBD |  |
| 9. | May 9 | 2nd Tuesday | 6 | TBD |  |

Lunch will be served at all Wellness Committee Meetings.

1. **Reminders:** PEHS Wellness Committee website is : <http://pehswellnesscommittee.weebly.com/>

This on-line sources has all PEHS Wellness Committee minutes.

Respectfully Submitted, Joanne Kouba, PhD, RDN, LDN, Loyola University Chicago