

November 18th Wellness Committee Meeting

Lead: Marcia La Porte

Attendees: Mary Mora, Lorenzo Webber, Carolina Diaz, Maricela Venegas, Tracy McCormick, Ben Gaslawski, Jacey Hutchinson, Chelsea Williams, Kelly Sierra, Joanne Kouba, Laura Turk

Note-takers: Naomi Louie, Lizzie Walsh

CAFETERIA SCREENS

After introductions are made, Jacey opens by stating that she has received submissions for the TVs which are to be placed in the cafeteria. The vision is to display a slideshow of health messages. Any resources that any committee member would like displayed should be sent to Jacey. Marcia states that each slide should be on a 10-22 second loop and that there should be guidelines as to the format for the slides, i.e. three sentences or less on each slide. Pictures that anyone would like included on the slides should also be sent to Jacey. Joanne reminds the group that TVs are currently in her office. Marcia notes that the TVs are to be delivered to LT's office in the back by maintenance. Discussion adjourns at the decision that TVs are to be delivered to Proviso tomorrow 11/19.

ARTVIBE INFORMATION

Marcia notes that ARTvibe is going well, explaining that ARTvibe is a club formed for surviving friends of suicide victims. Marcia is trying to get healthier snacks but states that the kids seem to be enjoying themselves and are doing well. Marcia also adds that typically 8-12 kids attend the club meetings. There are typically the same core group of students with a few new faces.

GRANT INFORMATION

Mary begins discussion by explaining that she is a part of a team at the school and hospital that submitted a grant aimed at health equity in the community. The main focus of the grant money was to incorporate fresh produce into the community. This money will fund Veggie Rx as well as bring fresh fruits and vegetables into the classroom. Chelsea has been helping provide vegetables. Chef Morris uses the produce during class to demo how to make healthy recipes, then each student gets a bag to take home to try with their families. In order to get their produce, students take a survey at the beginning of class. Kelly states that 20 bags of produce arrive to the school-based health center each week. By Thursday, kids can have the produce. Kids are excited about the produce. Kelly states that she is working with dietetic interns to develop recipes that feature items in each bag of produce. Kids love the challenge of new recipes to try. Kelly adds that produce has been extended to non-culinary students as well. The ultimate goal is to do a culinary showdown in December. Correspondence from Gwen Williams to follow. The goal is for students to develop skills during the first semester that they can then exhibit at the culinary showdown. Mary has sent over Veggie Rx recipes as well. Joanne states that another grant has been submitted to Westlake Health Foundation for the next 3 years for Kelly's staffing and lunch bunch supplies. In addition the expense of an extra refrigerator to expand space for veggies has been added. Hopes to expand VeggieRx will make another refrigerator necessary. This grant will be submitted to keep the veggies coming. Discussion over

fall/winter produce incurs with Chelsea ended the conversation asking for anyone to provide feedback to her over what the students like or dislike in regards to produce. Supplemental produce from wholesalers will be included in produce distribution to ensure variety throughout the winter months.

SMARTER LUNCHROOM

Marcia begins discussion of Smarter Lunchroom with Kelly explaining that it is a 60 point scale program with assessments at the beginning and end of each school year. Kelly is in direct contact with Gwen Williams from U of I to work on this. Laura explains that the entire district is working in 4 different areas of health: nutrition, physical, social/emotional and mental. Sub-committees are currently in preliminary stages. Feedback from students and community data is being looked at to identify how to work these health programs into schools. Laura is currently working on the physical wellness committee and states that her committee is looking at all aspects of physical health including safety and programs already in place such as sports. Data will be gathered following the social/emotional sub-committee to get an idea of what students want. Laura expresses that the goal is student empowerment and to have the students' voices heard. Marcia notes how exciting this initiative is due to the fact that PP4H has been trying to get the district on board. She also adds that it is exciting to be recognized at the district level and notes that Dan Johnson and Antoinette Rayburn will be running this.

AMERICAN HEART ASSOCIATION

Marcia reminds the group that Fil from the American Heart Association has sent over some materials. Jacey notes that the content he sent was good and included a lot of information about strokes which is good content but slightly different than originally discussed. Fil sent informational and infographic type materials. Jacey adds that she will send everyone a link to the information.

ELKAY WATER FOUNTAINS

Kelly opens by stating there is new business to discuss. Maricela states that she submitted some info about Proviso East and received a response about a month ago that Proviso was chosen to receive a water purifier valued at around \$3,000. Unfortunately, she provided the contact information of Proviso West's former principal. Marcia notes that Proviso West's former principal contacted her stating that she will be on the lookout for any information that needs to be forwarded regarding the water purifier. The next step is determining where to put it. Joanne adds that the district originally turned the school down before in regards to its inquiry about acquiring a water cooler for the cafeteria. Smarter Lunchroom points are given for having accessible, chilled water at lunchtimes. Marcia adds that accessibility to clean drinking water is something the students complain about. Marcia notes that this would be a perfect point to focus on. Joanne and Kelly discuss the potential of distributing reusable water bottles at the health fair in addition to installing one or two Elkay systems. Lorenzo adds that this would also be a great opportunity to show how students are involved in reducing waste. Displaying how many water bottles the system saves can be displayed on the TV screens in the cafeteria as well. Proviso West has plans to introduce an Elkay system but there is no date set for

installation. Joanne adds that it will be interesting to see how their installation goes and if there are any glitches. Laura asks how often the water at Proviso is tested for lead to which the answer provided was every month on a regular basis. Discussion over rust colored water incurs. Tracy adds that it would be nice to have an Elkay system in the gym. Kelly and Joanne agree to contact the district and Elkay in regards to the health fair. Lorenzo adds that coupled with the environmental piece, the district will likely appreciate an empowering approach- "One Proviso." Marcia asks if anyone is opposed to having this be the focus for the year and there are no objections. Ben expresses that a caveat to getting an Elkay system in the gym would be concerns over when Memorial Hall is to be torn down.

GOALS

Stated goals include water system inquiries, marketing and getting the TVs up and going in the cafeteria. Kelly adds that it is disappointing that no students could make it to the meeting but that they have asked for better communication. Joanne adds that Loyola is likely able to provide reusable water bottles.

CLOSING REMARKS

Chelsea states that volunteers are not necessary at this time and that Jacey is in charge of volunteering. Things are slowing down as the weather gets colder. Kelly adds that it would be a nice idea to have the culinary arts class go to Windy City Harvest to harvest their own produce. Marcia adds that a main student complaint has been grab-n-go salads being gone by the first lunch period. Kelly adds that a certain number is to be put out each lunch but that may not be what is happening.

December 16th is our next meeting.

TVs are set to be moved to Proviso East tomorrow, 11/19. Marcia is to be contacted in regards to the specifics of moving the TVs. Mary states she will text Marcia.