

Proviso East High School Wellness Committee (SWC)

Meeting Minutes

April 11, 2017, Period 6, Room 76

In attendance:

Laura, PEHS Student in ecology club, and Superintendent Advisory Committee, Janice Strong, ARAMARK representative, Marcia Laporte, Tracy McCormick, Mary D'Anza, Dr. Joanne Kouba & Kelly Sierra, Loyola SBHC dietitians, Samantha Lowder, Loyola Dietetic Intern, Maura Killian, Loyola Dietetic Intern.

Welcome and introductions: One new member, Laura, was present. Dr. Kouba gave a brief overview of PP4H and its goals. There were no changes to the minutes of the March 14th, 2017 Wellness Committee meeting.

ACTION NEEDED: None

1. Announcements and Updates: Joanne Kouba

- The Ecology club has officially begun at PEHS, with a grant application currently in the works to establish ecology projects to improve PEHS and the surrounding community. Since they are now officially a club, this provides them the opportunity to take fieldtrips that involve busing.
- Mary D'Anza officially will be working with PP4H two days a week to help with expansion of wellness committees at the district level, as well as PMSA and PWHS.
- Information on new PEHS Career Academy format: The school is transitioning to four different academies, with competency based education and principles. The academies are college and career based, with academy options of: business and human services, arts, freshman academy, and STEM. The student's parents must sign off on the career academy before student is placed. This provides students a personalized education that will provide them not just a diploma at graduation, but AP credit, certification for lifeguarding, cosmetology license, or Servsafe certification. This implementation is being completed through a partnership with Triton Community College and Northern Illinois University.
- Marcia and Tracy are both on design team for the academy-based system, so updates will be given as they become available.

ACTION NEEDED:

- a. Meet with Ms. Rayburn to discuss what needs to be done to expand the Wellness Committees.

2. PEHS Pool and Lifeguard Program Updates: Ms. Tracy McCormick

- The program started with 20 students, with around 4 other students that wanted to participate, but due to class schedule (AP/Honors classes) they could not join. The only students that were lost from the program either pulled themselves out of the class or did not pass the swim test (12 laps and retrieval of 10lb weight in the bottom of the pool).

- Current program numbers: 3rd period 5 students (all boys), 4th period 6 students (2 girls, 4 boys)
- The class is well underway, book chapters from the Red Cross Life Guarding program are currently being covered. Students will become CPD/AED certified this week, with all class being held outside of the pool and swimming continuing April 17th.
- Purchased Equipment: 15 rescue tubes, 2 back boards with head supports, CPR pocket masks, bag rescues (adult, child and infant), manikin wipes, nitrile gloves both medium and large, manikin shields, AED practice pads, and lifeguarding tank tops for the students. The PMSA Business office supplied locks.
- Trained sophomores and juniors will act as lifeguards for classes next year, and the others that are graduating will go on to get jobs in the community.
- Individuals with a pass to the Fred Hampton Maywood Community pool will be able to access the PEHS pool to work on their swimming abilities, while the Maywood Community pool is closed.
- There is currently \$850 in the Go Fund Me account.

ACTIONS NEEDED:

- a. Tracy McCormick will continue to update the committee on the status of the pool and the lifeguard program at each meeting she can attend.
- b. Continue to make donations on the Go Fund Me account at <https://www.gofundme.com/ProvisoEastLifeguardingfund>.
- c. Contact the school board, to discuss if students can receive their certificates at an upcoming board meeting.
- d. Find a news/ media outlet (ie. Village Free Press) that would like to feature the program and its great success.

3. Health Fair Recap: Samantha Lowder, Dietetic Intern

- The health fair was extremely successful this year, with 1,300 PEHS students in attendance learning at 50 different booths about a variety of health related topics.
- The booths were developed and staffed by dietetic interns, undergraduate and graduate level nursing students, medical residents, and public health students from Loyola University Chicago, along with representatives from many community organizations, and local colleges.
- Out of the 50 booths, students from Mr. Howell's driver's education classes and Mr. G's health classes ran seven of them.
- To see pictures from the fair visit the gallery at, <http://pehswellnesscommittee.weebly.com/>.

4. PP4H Quarterly Meeting Recap: Dr. Joanne Kouba

- The PP4H Quarterly meeting was at Thatcher Woods Forest Preserve last month. The employees at the park shared many opportunities the Forest Preserve provides, including a naturalist training program. Dr. Kouba stated she believes this program would be a good opportunity for PEHS students or faculty to get involved in. Once a

student or faculty member is trained, they could coordinate a once a month walk through the woods in the forest preserve.

- The Thatcher Woods Forest Preserve is a great resource close to the school where students can volunteer, and use to get outside for physical activity.
- The forest preserve has free campground, which an individual trained in the naturalist training program can then borrow equipment for 20 individuals to camp, for around \$10.

5. Cooking Up A Change Updates: Dr. Joanne Kouba

- Kelly Sierra will officially begin working 4 hours a week on PP4H, with her main project being Cooking Up a Change. Kelly's presence and consistency throughout the school will give her the edge needed to successfully take on this endeavor.
- The Cooking Up a Change event in Chicago is in the fall this year, providing a great opportunity for Wellness Committee members to attend, and get ideas for implementation in the Proviso event.

ACTIONS NEEDED:

- a. Continue thinking of ideas for the event. Kelly will provide updates at future meetings.
- b. Mrs. Sierra will arrange a meeting with Mr. Keith Morris, PEHS Food teacher, to coordinate implementation for fall 2017.

6. Cafeteria Updates: ARAMARK Partners

- The foodservice department is currently awaiting the completion of the bidding process with foodservice companies, to see who will be conducting future operations. The decision should be made by the end of April/ early May. The kitchen is working on finishing the year off strong.
- There are currently 568 Grab and Go breakfasts being consumed daily.
- When the data was assessed, up to 12,000 lbs. of produce was being used during a month at PEHS with implementation of the Grab and Go salad during lunch. The cafeteria was receiving money through a grant from the Department of Defense that was allowing them to receive fresh local produce. Due to the high demand of produce, the grant budget not longer has any funds available to continue receiving the fresh local produce, which has never happened before. They are now completing produce orders through Sysco to provide the correct supply to meet the demand.

ACTIONS NEEDED:

- a. Updates will be provided in regards to the bidding process, once a decision is reached.

7. Cafeteria Suggestion Box: Dr. Joanne Kouba

- Suggestion boxes are in! The suggestion box is lightweight and able to mount on the wall. One suggestion box will be placed in the cafeteria, proving the students an outlet to share any thoughts they have regarding the improvement of the school

food and cafeteria environment. In total two suggestion boxes were ordered, so there is a backup if needed.

ACTIONS NEEDED:

- a. A work order must be placed for the mounting of the suggestion box.
- b. Janice will cut papers out to be used for the students to write their suggestions on, once the box is mounted.

Future PEHS SWC Committee Meeting Schedule:

	Date	Day	Class Period	Location	Notes
2017					
9.	May 16	2 nd Tuesday	6	TBD	

Lunch will be served at all Wellness Committee Meetings.

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

Lifeguarding update as of 4-11-17

We started with 20 students. There were around 4 other students who wanted to participate, but due to class schedules (AP/Honors classes) they could not join. The only students that we lost from the program either pulled themselves out of the class or did not pass the swim test (12 laps and 10 pound weight). Currently we have the following numbers:

3rd period: 5 total: 5 boys/0 girls

4th period: 6 total: 2 Girls/4 boys

The class is well underway. Currently book chapters are being covered in the Red Cross Life Guarding program. Students will become CPR/AED certified the week of April 10-14th. During this week, it will be a week of dry land/no swimming. April 17th swimming continues in the pool.

Purchased equipment: 15 rescue tubes, 2 back boards with head supports, CPR pocket masks, bag rescues (adult, child & infant), manikin wipes, nitrile gloves both M & L, manikin shields, AED practice pads both adult/child and Life guarding tank tops. Also a storage cart to store it all in the pool area.

Locks were supplied (free) from the PMSA Business office.

Go Fund me: currently has \$850 (none has been used)

<https://www.gofundme.com/ProvisoEastLifeguardingfund>



Tanks for the Life guards

4/4/2017

PiXs 1 - McCormick, Tracy

PiXs 1

Tracy McCormick

Tue 4/4/2017 12:55 PM

To: McCormick, Tracy <tmccormick@pths209.org>;



Sent from my iPhone

