

# WELLNESS COMMITTEE MEETING MINUTES

March 19, 2018  
6<sup>th</sup> period 135p – 225p  
PEHS Room 76

**Facilitator:** Joanne Kouba **Type of meeting:** Monthly meeting – March 2018  
Kelly Sierra **Note taker:** Jackie Hook, Dietetic Intern

**Attendees:** Loyola: Joanne Kouba, Kelly Sierra, Mary Mora, Jackie Hook, Maria Schmitt  
Proviso East: Marcia LaPorte, Patty Heidel, students: Jermaine Wallace, Laura Avila,  
Karion McGee, Keenon Fowlkes

## AGENDA ITEMS

Topic	Presenter
<ul style="list-style-type: none"> <li>✓ Pool / lifeguard training update               <ul style="list-style-type: none"> <li>- Ms. McCormick was unable to attend- Kelly provided brief overview</li> <li>- Lifeguard training continues at the Proviso East pool. Partnership with W Cook YMCA also continues with plan to hire students during the summer who have completed the lifeguard program.</li> <li>- Proviso students can sign up for lifeguard training In lieu of physical education class.</li> <li>- Students at the Wellness Comm meeting commented that they enjoyed swim class during PE/</li> <li>- An induction celebration for new lifeguards is scheduled for March 29<sup>th</sup></li> </ul> </li> </ul>	Kelly Sierra
<ul style="list-style-type: none"> <li>✓ Giving Garden               <ul style="list-style-type: none"> <li>- Student volunteers are needed this spring and summer to help water, clean up the garden, harvest produce, and work the Saturday farmers market.</li> <li>- Spring crop will include garlic, scallions, and leafy greens. There will be more of an ethnic focus this year. Additional items to be planted include: cilantro, peppers, Brussel sprouts, green beans. Hopeful that we can harvest in early May.</li> <li>- We want to emphasize that the Giving Garden is a community effort. We will be donating seeds and selling produce at affordable prices.</li> <li>- We will need summer interns (unpaid) once again and we are currently looking for a student leader.</li> <li>- We are organizing a trip to Rodgers Park to go visit a garden that uses <i>aquaponics</i>. This involves a pool of fish to help feed plants growing out of water, providing a continuous ecosystem. Fish get fed by fruits and vegetables in water.</li> <li>- We are starting a Garden Support Club whereby families can have an area of the Giving Garden to take care of (develop water schedule to split up responsibilities). Once a month, participants can attend a free workshop to provide tips, share vegetables, and see cooking demos. Help Mary come up with a catchy name!</li> <li>- Students can receive community service hours for working in garden.</li> </ul> </li> </ul>	Mary Mora
<ul style="list-style-type: none"> <li>✓ Purchase of (PP4H) cafeteria monitors and signs               <ul style="list-style-type: none"> <li>- The purchase of flat screen monitors to place in cafeteria has been approved by Lena, executive director of PP4H.</li> <li>- Recommendations on brands for monitors or ideas are welcome!</li> <li>- Messages of students promoting healthy choices are to be placed on monitors: Eg., eat healthy and be more active, etc.</li> <li>- PP4H will also purchase posters to be hung in the cafeteria. The Wellness Comm voted on their top 5 for posters.</li> </ul> </li> </ul>	Mary Mora

- ✓ 5K run on prairie path in April or May
  - Still in progress- On deck
  - This will be a competitive run among school/sports teams. Mary Mora
- ✓ Village wide village pride
  - This is a day dedicated to cleaning up Maywood. The focus is on cleaning up/improving parks
  - We are looking for teams to be involved.
  - This event will take place on April 21<sup>st</sup>- On Earth Day at the Maywood park Gazebo, near police department on 5<sup>th</sup> avenue near Oak.
  - A band will be playing at the beginning and end of activities planned.
  - Flyers have been distributed around the elementary, middle and high schools.
  - Registration 8:30-9am, 9am-12 pm clean up, end at Gazebo.
  - Participants will receive a free t-shirt. Mary Mora

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- ✓ Art Exhibit in the Cafeteria
  - A student art exhibit is planned after Spring Break in cafeteria.
  - Ideas for Title: You Are What You Eat; You Art What You Eat
  - Potential Ideas: Hold exhibit once a year, interview artist and put on screens/monitors
  - Artwork will be displayed on April 3<sup>rd</sup> at Loyola Nutrition Expo. Marcia LaPorte
- ✓ One Earth Film Fest "The Gateway Bug"
  - Two Proviso students attended on Institute Day.
  - Movie about eating cricket protein- cricket cookies were sampled.
  - Lengthy, but great stories and ideas- good protein for animals. Marcia LaPorte
- ✓ Possible Future Screening "Wasted"
  - Anthony Bourdain- celebrity chef
  - Commentates on food scraps in the country that we don't do anything with- the amount of food waste in country
  - Highlights other countries which use food waste beneficially
  - Worm compost as an activity idea for students

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- ✓ Cafeteria Taste Testing
  - Not discussed Kelly Sierra/ Joe Brown
- ✓ Suggestion Boxes
  - New suggestion boxes posted for students to provide suggestions for foods in cafeteria Kelly Sierra

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## OTHER INFORMATION

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**Next Meeting:** Monday, April 23<sup>rd</sup> 5<sup>th</sup> period, 12:40 – 1:30pm

**Website:** <http://pehswellnesscommittee.weebly.com/>

**Lunch:** Farro Salad w/ Asparagus, Snap peas, Tomatoes and Fresh Dill

Fresh Fruit w/ Homemade Chocolate Sauce

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