

WELLNESS COMMITTEE MEETING MINUTES

September 24
6th period – 12:35 pm to 1:35 pm
PEHS Room 76

Facilitator: Kelly Sierra **Type of Meeting:** Monthly Meeting – Sept. 2018
Note Taker: Carlos Rodriguez

Attendees: Loyola: Kelly Sierra
PP4H: Mary D’Anza Mora
Proviso East Teachers: Marcia LaPorte, Jennifer Moore
American Heart Association: Phil Guipoco
Healthier Generation: Julia Goetten
University of Illinois Extension: Dominique Harris
Proviso Students: Karen Anturez, Gonzalo Ruvalcaba, Leslie Escobedo,
Ross LaSalle

AGENDA ITEMS

Topic

Students Wellness Club(s) – Marcia LaPorte

- Proviso East would like to start a Student Wellness Club to emphasize the importance of nutrition, health, and awareness. The idea is to get students involved in the design of the club to attract their peer’s interest, and develop ideas regarding “Peer Wellness”.
- Students were asked to think of a fun and inviting name for the new club to be discussed at the next wellness committee meeting.

Monthly Documentary Series and/or Screenagers – Marcia LaPorte

- The wellness committee discussed the showing of a variety of documentary films to students and the community to promote awareness of where our food comes, advances towards healthier lifestyles, sustainable food sources, and other topics related to living healthy. There are limited funds available to purchase streaming rights so details will continue to be discussed as to where and when these films can be shown.

“Campaign for Wellness” ideas – Marcia LaPorte

- Students were asked to come up with ideas for a “theme” to help promote the Wellness Committee efforts for the year. This theme will be utilized throughout the year for meetings and events.
- The time during Lunch Bunch could be used for “brain storming” sessions to create a Campaign for Wellness.

District 209 Wellness Policy - PP4H Mary Mora:

- Mary Mora and Marcia LaPorte joined Lena Hatchett during a meeting with district 209 administrator Dan Brown to talk about the district 209 Wellness Policy. The meeting went

very well. The administrator was very interested in the ideas of making changes to the current policy.

- Plans to look at a “model” wellness policy is on the agenda. Comparisons will be made between the model and district 209.
- Julia Goetten with Alliance for a Healthier Generation made a point about taking a close look at the wording used in their template policy. Ex: shall vs. must. All USDA requirements should be met. The use of stronger words, such as “this is the way it will be done” is a must. Julia Goetten suggested using THE PRESS (a policy subscription service) to help write the policy.
- Goetten informed the committee that different districts have difference process regarding policy. Once approved, the policy must be taken to school board to vote on new revisions. Julia advised looking at the current policy and drafting a new one to get an idea of what new pieces have been added.
- Food and beverage marketing must be included in the district wellness policy. The USDA prohibits company marketing (like Pepsi) and advertising of their brands on school premises. Pepsi has many non-sweetened beverages on campus, but the committee needs to do a walk-through of the school to make sure no brand names are being displayed.
- There must be a collaboration between the Wellness Committee, Students, and Parents in the writing/revision of the School Wellness Policy. Guidelines dictate student and parent involvement, yet getting parents involved can be a challenge. Meeting times for this process should be flexible to work around parent’s schedule. Dr. Hardy is the best asset to get people in to discuss policy change.
- Updates to wellness policy would be easy using addition clauses from PRESS templates. Schools subscribe to this service for use of their policy templates. One can just plug in the information where it fits best, taking from one document and adding it to another. Many schools use this service. The idea is if one pays for the service, it should comply with federal guidelines. Ex: Berwyn – used this format for their policy, including required clauses of the USDA.
- Policy Maker/Representative (Dan) uses social media to spread the message. Parents are more likely to use social media for receiving messages rather than students.
- An idea was presented to reach out to local police to talk about Wellness Committee. Police are interested and seem willing to come to meetings.
- Policy Maker/Representative (Dan) will send out a notice of when the next meeting will take place for the Wellness Policy.

Co-Designed Community Focus Groups – Mary Mora

- Mary is spearheading an effort to have some focus groups that answer the questions... What is the perfect community? Are we living in a perfect community? What would it take to create the perfect community?
- The goal is to have 10-15 students involved in this project and to recruit people including parents to generate ideas and support the vision for the perfect community.
- Suggestions were made regarding the development of ideas during Enrichment time or Health class for this project.
- Ideas for methods to draw peers into the focus group included an incentive approach, such as providing food at meetings. Student feedback included discussions of issues which affect them now. Ideas for incentives included hands-on activities, encouraging participation, creating fun ways to get things done, and prizes such as gift cards.
- Students would be responsible for co-designing this project and encouraging peers to participate.

- There will be a parent/teacher conference coming soon – 10/18. This may be a good time to set up a table for a focus group. A request for permission should be sent out. Methods for connecting with parents should include parent coordinators (Dr. K).

Smarter Lunchroom Initiative -- Dominique Harris UIC Extension Program:

- Dominique would like to assess the Proviso East cafeteria using the Smarter Lunchroom Scorecard from Cornell University. This was done last year but since Sodexo has replaced Aramark, it needs to be done again.
- Dominique and Kelly will do the initial Smarter Lunchroom assessment on Wed Oct 3rd.
- Finding will be discussed with Sodexo a few weeks after the initial assessment.

Sodexo's Service

- Feedback from students indicate improvements in the Sodexo's food options. Food looks more plentiful on plates. More options are being offered. Rules are more liberal on substitutions/combinations. There appears to be more variety among food choices.
- The "Grab and Go" option for breakfast is not currently being offered. Kelly has a call in to Sodexo to determine why that is.
- Students were asked their opinion on what they want to see in the cafeteria. Students replied by saying they would like to see a variety of fruit options, pre-sliced, and ready to eat.
- An idea of substituting smoothies made with fruit and milk as a breakfast item was posed. It was determined that neither smoothies nor yogurt could take the place of the dairy requirement. No substitutions for milk and milk must be 1%.

Cafeteria

- Suggestions for creating a more pleasant experience in the cafeteria were made by committee members. Examples included decorations along the lunch line in the cafeteria and posters for the hallway to create a more fun, bright space. Students agreed that such a change would be well received, making the lunch experience "less boring". Students gave their opinions on the best placement of decorations.
 - Announcement made regarding the addition of new, large screens monitors in the cafeteria.
 - Students were asked what they would prefer to see playing on these monitors. One suggestion included cooking demonstrations.
 - Students were interested in seeing school related information on the new monitors. They would like to see information about events happening at the school, about games, advertisements about clubs, and school-based news.
 - Committee asked a question regarding the best placement for these monitors. Students suggested a line of sight from areas where food is eaten so monitors could be observed while students eat their food.
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2018/19 Goals

1. Create a peer-led school Wellness Club.
2. Show at least one health-related documentary film to Proviso East and the community.
3. Provide the support needed to re-write the District 209 Wellness Policy.
4. Facilitate a series of focus groups that include students, community, and parents to determine what is needed to promote a more desirable community.

Next Wellness Committee Meeting: Monday, October 22nd from 130p – 220p (7th period) in room 76