

## Minutes

### 1. Welcome and Introductions – All

### 2. District Wellness Policy

- The four focus groups that were come up with through the wellness committee this summer include: nutrition, physical activity, social environment, and sexual health.

### 3. Student Wellness Clubs

- Archive

A club that was set in place where a student can go to practice mindfulness. The club was started in response to mental health in the school. The club takes place on Wednesdays. Some activities the club has set in place includes: painting, drawing, and coloring books.

### 4. Smarter Lunch Room

- Dominique will be coming into the school cafeteria later in the year and will preform a report card of the cafeteria as a whole. It is a goal to have a higher score in the future

### 5. Culinary Throw Down

- There will be a cooking competition at PEHS. The cooking competition will be between the students in the Culinary Operations 2 class that is taught by Mr. Morris. The competition will be held in the spring. In the future, it is a goal to have the competition against rival high schools like Proviso West. The Culinary Operations 2 class will have supplied fruits and vegetables (mostly vegetables) from the Giving Garden through Windy City Harvest. I

- If students are interested in produce, Veggie Rx has some to give. Students can come and get an 8-10 lb. bag of fruits and vegetables (mostly vegetables) for themselves and their family. In order to get the bag, one needs to have a LINK card or be a Loyola patient (if one goes to the School Based Health Center that counts). If one does not have a LINK card or is a Loyola Patient, they can shop at the low cost farm stand that is also available. While at Veggie Rx one receives three things: 8-10lbs of fruits and vegetables, a free cooking demonstration, and \$10 in ½ coupons for the farm stand. Veggie Rx goes until November 14th at 1211 W Roosevelt Rd. on Thursdays from 4-6pm. In January, it moves to the Maywood Park District.

- If one is interested in volunteering at the Giving Garden, it is open from 3-4pm on Wednesdays and Tuesday from 4-5pm at the Maywood Park District.

### 6. Student Goals-Wellness Committee

- Improve Efficiency in School Cafeteria.

It was noted that it takes a long time to get through the lunch line. Most people do not want to go through it because it takes up almost half of their lunch time. There are some grab and go

salads that were discussed. They were noted to be quicker but they are very popular so they go fast. In addition, taste testing of foods was discussed so students have input of what they are served for lunch.

#### - Improve Marketing Throughout the School for Social and Emotional Issues

Some ideas that were talked about for improving marketing included: more flyers around the school, flyers that had color on them to catch people's attention, and tear off flyers with numbers that people could call for help. Some places that were talked about for the tear off flyers included: in the Lunch Bunch room, School Based Health Center, and bathroom stalls.

#### -More Information Posted Around the School About Clubs Offered-Activities Coordinator

Some ideas about spreading information about current clubs that were discussed included: club flyers in the hallways/ right near the stairs, having the club times posted the week before on the new TVs, and having an informal club fair in the next 2 weeks. In addition, it was discussed to focus on students that are not in clubs and to recruit them to join clubs.

#### -Hydration Station

Looking into nominating the school for a hydration station was discussed. For the nomination, it was mentioned that the students needed to help with it. In addition, talking to the LK company about the safety of the water was discussed.

### 7. Other Business

#### - Heat in School

Students had the discussion about it being very hot with in the school year round. They explained that they did not think it was conducive for their learning. It was discussed about maybe reaching out to the district about this situation.

#### - New TVs

Two new flat TVs are being put in the hallways. It was discussed that club events could be put on them a week prior to the event. In addition, it was mentioned that announcements would be put on them as well.