

## Wellness Committee Meeting Minutes

Monday October 22, 2018

1:30- 2:20p (7th period)

PEHS room 76

Co-facilitators: Kelly Sierra, Mary Mora, Marcia La Porte

Type of meeting: Monthly meeting -- October 2018

Note taker: Kaitlyn Taylor, dietetic intern

Attendees:

- Loyola: Kelly Sierra, Mary Mora, Nicholle Scheel (dietetic intern), and Kaitlyn Taylor (dietetic intern)
- PEHS students: Brianna, Alfredo, Omar, Genesis, Alyssa, Alexsus, Trinity, Natalie, Dinasiah, Elesha
- PEHS teachers: Ms. Heidel -- FCS teacher
- Sodexo: Gwendolyn Williams -- New foodservice manager
- Community partners: Dominique Harris -- UIC extension, Julia G. -- ??, Lesli Vaughn -- tobacco free living

## Agenda Items

### **Topic:**

Student Wellness Club -- Marcia La Porte

- Still working on a meeting timed
- **Action item(s):** Decide on activities for the club

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Smarter Lunchroom -- Dominique Harris

- Switched foodservice providers this year from Aramark to Sodexo and got positive feedback on quality of food items (i.e. pizza is improved)
- Smarter cafeteria report: It was noticed that the menu posted on the doors/board didn't align with what was being served. Also there should be other fruits offered instead of just apples, bananas, etc. The mixed vegetables should also be titled "california blend" instead. Staff was friendly, smiling, encouraging healthy eating (i.e. vegetable option for lunch) and there were good posters.
- Vending machines are supposed to turn off during lunch periods per Gwendolyn Williams (food-service manager)
- Mary is still working on getting digital posters. She was approved for a grant, but just has to get dimensions and figure out how big they should be and where they should go. This is not only an opportunity for the cafeteria, but they can also showcase student work and promote student activities.
- Water fountains are still questionable in some areas. A chilled water dispenser last year, but it didn't work out. However, Gwendolyn Williams states something is on the way.
- When asked for feedback, students said they dislike that the doors are closed, there aren't any volunteer opportunities to work with the cafeteria, and that there is a problem with cutting. One student also suggested foods with meat and vegetables together

should be served. Gwendolyn pointed out that the line next to the salad bar changes every week but it seems to go unnoticed.

- **Action item(s):** Create more volunteer opportunities in the cafeteria, better marketing for line next to salad bar, get digital posters installed, and utilize suggestion box in cafeteria.

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Tobacco Free Living -- Lesli Vaughn

- The main goal of the tobacco free living hub is to reduce the amount of teens using tobacco products. This now includes e-cigarettes, vapes, juules, etc. since they is an increased presence of these today.
- There is an opportunity to revise the wellness policy and include restricting the use of tobacco products in it. It's been found that reducing use is more effective when included in a policy rather than just education by itself.
- E-cigarette use is 24% among high school students and gradually increasing. PEHS is a tobacco free campus, but this does not include e-cigs, vapes, juuls, etc.
- Tobacco 21 policy is active in Maywood and it's trying to be established throughout all of cook county and eventually all of Illinois. Most kids are smoking by the time they hit the age of 21. 21 is a good age target, because it is then consistent with drinking laws and enforcement.
- "CATCH" has a program called "Catch My Breath" that has free resources for cook county such as educational posters and lessons that can be built into a health curriculum.
- **Action item(s):** Discuss e-cigs/tobacco policy in student wellness meetings and discuss potentially educating parents so they can help enforce tobacco restriction.

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Community Input -policy -- Mary Mora, Marcia La Porte

- Goal for this year is to rewrite the wellness policy by spring. The law is that there has to be a wellness policy established and some things must be included but other things can be added to it.
- Community is a big factor in re-writing the school's wellness policy however students, parents, etc. may not even know it exists or where to find it. Dominique Harris stated she can help build awareness about the policy. It would also be ideal to get feedback from students, parents, etc. on what should be included in the policy.
- **Action item(s):** Discuss what should be included in wellness policy revision - it doesn't have to be limited to just nutrition and physical activity.

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PP4H overview -- Mary Mora

- Garden is starting to close for the year, but Mary is already planning for next year. Please let her know if there are any ideas or things you want to see. It's also possible to volunteer in the garden.

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**Other items:** "Healthy schools workshop" 90 minute course that students, parents, staff, etc. can use for college credit.

**Other Information:**

Next meeting: Monday, November 26th, 6th period (12:35-1:25 p)