



## DISTRICT 64 WELLNESS COUNCIL

September 23, 2013

Present: P. Bender, J. Morrison, T. Gleason, K. Engle, M. Arnold, S. McDaniel, M. Lones, M. Sutschek, P. Yurkovic, N. Azark, M. Petkofski

### Building Reports:

•Dr. Bender reported that a parent, at a Board of Ed meeting, raised concerns about the fact that snacks are still being provided during school time. Her concerns related to food allergies.

It was noted that schools are inconsistent across the district, regarding food served at school guidelines. Question raised: Is it time to discontinue all snacks/treats at all K-5 schools? (These do not include snacks brought from home by students, for their own consumption.)

Review of goals for 2013-14 School Year:

Sub groups were formed to work on various activities listed below:

### •Encouraging Staff Wellness

- Pedometer challenge: school vs school----Jim and Tim
- Restroom/Elevator Wellness signs----Kelsey and Marissa
- Badminton tournament possibility--Dan Walsh
- Middle School gym Open House for staff---Samantha, Maureen, and Michelle
- Staff Bulletin: update on Wellness Council activities-Margaret
- (Fatbet.net: Samantha to provide information to WC members)

• **Engaging Parents/Community**

- open gym night-K-5 level---TBA
- newsletters in Take Home--Margaret
- Caught being healthy----Paula Y. and Nicole
- Participation in community run/walk---Dr. Bender
- Make connection with Whole Foods---Marissa and Margaret

Dates for future meetings  
November 12, 2013

Submitted by M. Petkofski, RN