



DISTRICT 64 WELLNESS COUNCIL

March 4, 2014

- Whole Foods Fundraiser

WC was approached by Whole Food, to participate in a fund raiser to benefit students. Proceeds will be used for wellness promotion/education for all district 64 students. Date: March 17th, 2014, during regular store hours. WC to receive 5% of all sales for that day. Working with Nancy LaBrecht, the community liaison for Whole Foods. WC members, as well as staff from all schools are encouraged to attend after the school day ends, to provide information to the community about WC goals, activities, etc.

- Flag Program

A member of the Park Ridge Health Commission approached Tony Clishem, Science Curriculum Specialist and also a PRHC member, about implementing a School Flag Program in the district. This program alerts schools to the local air quality forecast. Each day the school raises a flag that corresponds to how clean or polluted the air is. The color of the flag matches EPA's Air Quality Index. WC members felt that the implementation process for all buildings could be complicated. In addition, schools currently use temperature guides to determine outside physical activity

restrictions, and it was felt that temperature and air quality are closely related, esp during warm months. It was felt that gathering and disseminating AQI information was not a project that would be undertaken at this point in time.

- **Pedometer Challenge**

The Challenge has been successfully coordinated by Tim Gleason. It has been completed at Lincoln and Washington, and is headed to Roosevelt. Participating staff members can use the WC pedometers, or their own. Members log their steps on Google Docs. Each building can choose how to recognize winners.

- **Toilet Talk: Just for the Health of It**

Second installment is nearing completion, and will be emailed to Council members, for posting in schools and ESC (staff areas only). Comments have been positive!

- **Benefits Fair-March 18, 2014**

WC plans to have a table at the Fair on March 18th. Will have a display illustrating our goals, various activities, etc.

- **Healthy Cooking Demonstration**

A guest speaker from Whole Foods will give a healthy cooking demonstration for staff on April 30, on Self-directed Wednesday. Location at Emerson Middle School. Will advertise event at the Benefits Fair.

- **Next Meeting**

Tuesday, April 22, 2014, 4pm at ESC