



DISTRICT 64 WELLNESS COUNCIL

October 28, 2014

Toilet Talk: Just for the Health of It

The flyers, posted in staff restrooms and focused on tips to stay healthy and fit, received positive feedback last school year. Plans are to continue them again this year. Last year Kelsey Engle coordinated this project.

Healthy Lunch Rewards

This project was well received by students and lunch supervisors. Raffle tickets were given to students who brought healthy lunches to school. Paula Yurkovic and Pam Sammons coordinated the events last year, and the Council felt that it was worthwhile to continue it this year. Timing-wise, however, it probably will not coincide with Healthy Living Month activities.

Proceeds from Whole Foods

Board of Education was informed of proceeds from the March 17th, 2014 fundraiser with Whole Foods, and how they are being utilized to benefit District 64 students:

- Healthy Cooking demos with traveling chef Dave Esau for Middle School foods classes at both Lincoln and Emerson.
- Purchase of FitnessGram: a comprehensive educational, reporting and promotional tool used to assess physical fitness and physical activity levels for children. The assessment includes a variety of health-related physical fitness tests that are used to determine students' overall physical fitness and suggest areas for improvement when appropriate.

Healthy Cooking Demo-Oct. 29, at 3pm Emerson #220

Class offered to staff during self-directed Wednesday. Nancy LeBreacht from Whole Foods will host the demo in the Foods Lab at Emerson. Staff members were notified via flyer and email, with advance registration recommended.

Whole Foods Birthday Party Nov. 8

Wellness Council was invited to attend Park Ridge's Whole Foods first birthday celebration. WC is encouraged to set up a table at the event, as part of our community outreach efforts. A few volunteers will set up visuals to use, and all Council members, as well as School Wellness Team members are encouraged to attend. Hours are 12:00-3pm.

Goals 2013/14: Encouraging Staff Wellness, Engaging Parents/Community

Council members agreed that good progress was made in attaining these goals.

Goals 2014/15

After discussion, it was felt that all goal areas (except Improving Foods Served at School) would be addressed this school year, through activities carried over from last year, as well as new projects.

Other discussion

Pedometer Challenge: this staff activity was successful, and members hope to repeat the challenge this year. Suggestions for improvement: more time allotted between schools, allow participants to use their own tracking devices (pedometers, phone apps, etc)
Filtered water available for staff: one school has a water dispenser provided by their PTO

Next Meeting:

December 2, 4-5pm at ESC.

Submitted by M. Temari

11/5/14