



DISTRICT 64
WELLNESS COUNCIL

January 27, 2015

In attendance: Laurie Heinz, Tony Clishem, Andrew Bielenda, Carey Meredith, Dan Walsh, Jim Morrison, Marissa Arnold, Michelle Sutschek, Pam Sammons, Paula Yurkovic, Tim Gleason, Margaret Temari

•Tony Clishem, Guest-Proposed Staff Educational Series:

“Do You Really Know What it Means to Eat Right?”

Tony shared information about a staff educational series that Roberta Jenero, nutrition expert, proposed. The program would be 8 weeks long, after school, and voluntary. Each session could be a stand-alone. Cost is \$35.00 per session. The program targets nutritional health for adults, and would offer “individual” instruction in a group setting. Council members felt that the cost seemed high. It was suggested that Tony ask Ms. Jenero about the possibility of offering an introductory class at a reduced rate, or free of charge. This would give staff members the opportunity to get a better idea of the program.

•Tim Gleason-App for Weight Loss

Tim volunteered to coordinate a weight-loss program for staff, using apps and weekly check-ins (confidentially). Proposed kickoff date would be March 10, and would last 8-10 weeks. A notice will be put into the Staff Bulletin on Feb. 27th.

•RED OUT and Heart Health Week

American Heart Association and the Wellness Council are partnering on an educational campaign and fundraiser during the week of Feb. 9th. Educational materials will be sent to staff via email and flyers each day. The week will culminate in a RED OUT day, in which all staff are encouraged to wear red. Staff members will have a chance to purchase a red “RED OUT” tshirt from the AHA. Proceeds will benefit the AHA. It was agreed that the district’s donation will be made in memory of Lisa Garcia,

Roosevelt teacher who unexpectedly passed away in January. A raffle will take place in each school. All who make a donation to the AHA are eligible to win. The AHA is partnering with Whole Foods of Park Ridge for a Benefit Day on Feb. 24th. District 64 staff members are invited to show their support by stopping by after the end of the school day. Finally, to show their appreciation, the AHA will be donating "Keep a Healthy Heart" poster/pack to each school. These materials are geared to our students, encouraging them to make healthy choices. In addition, play balls (basketballs, volleyballs) will be donated to each school.

- Toilet Talk

The second edition of our publication for staff has come out. Issues are posted in staff restrooms, and contain tips/information on nutrition, exercise, etc.

- Caught Being Healthy

Paula Y. and Andrew B. will coordinate this program for the 2nd year in a row. Students are encouraged to bring healthy lunches, and lunch supervisors will hand out raffle tickets for those whose lunches meet certain criteria. Students have the opportunity to win a prize. Last year's program a success-students and lunch staff were enthusiastic participants.

- Next Meeting

Tuesday, March 3, at ESC. 4-5pm