



Date: February 3, 2021

Time: 1:30-2:30 p.m.

Join with Zoom:

<https://zoom.us/j/99416346749?pwd=dFVHanNRdXhIR0NWVkeYzjhTcUFRQT09>

INVITED TO THE CALL: (highlighted are those who were UNABLE to attend): Christine Cliff, Elena Hildreth, Marla Ravlin, Audrey Etheridge, Chris Drwal, **Debbi, Scarpelli**, Karen Roman, Kathy Brown, Beth Berg, Tracey Jakaitis, Jim Koeller, Julia Langlios, Julie Reutter, Krista McClellan, Leann, Neitzke, Jennifer Trygar, Marylou Gorski, **Cynthia Cortinas**, Aida Palma Carpio, **Sara Gonzalez**, Christine Birns, Santiago Cervantes, **Wayne Carlstedt**, Robin Brown, **JoAnn Armenta**, **Dr. Ashwani Garg**, Darlene Guyett, Danielle Henson, **Giselle Doyle**, Kerry Pentecost, Monique Batteast, Nayaab Sattar, Veda Navsariwala, Carmen Rodriguez

Agenda Item	Presenter
Welcome!	Elena Hildreth, Director of Food and Nutrition Services Christine Cliff, District Registered Dietitian
Introductions	All- <ul style="list-style-type: none"> ✓ Introduce yourself ✓ Which department or organization you represent ✓ Your favorite way to de-stress...Here are a few highlights from the call <ul style="list-style-type: none"> ○ Yoga ○ Essential oils ○ Exercising ○ Listening to music (variety of genres noted 🎧) ○ Stress baking ○ Being outside
<ul style="list-style-type: none"> ✓ <u>Review</u> of U-46 Local Wellness Policy (LWP), ✓ Need for changes or clarification (if any) for respective areas ✓ Approval of LWP 	Christine Cliff to review LWP areas Input from Committee on respective areas in LWP <u>Suggested additions/clarifications to District LWP:</u> <ul style="list-style-type: none"> • From Krista M: Add goals/resources for Social Emotional Health & Sleep Hygiene under “Health Education” section Nutrition Education curriculum [current]: <ul style="list-style-type: none"> ○ Elementary: includes discussion of food groups, ie., fruit, vegetables, grains ○ MS (per Darlene): provided in <u>Health</u> for a “semester’s worth” and reviews healthy food choices, food labels,

eating healthy. There is also FACS (elective), which has a new curriculum.

- **HS** (per Jim K): Module B-Functional Fitness→ 3 weeks offered in 1st quarter and 3 weeks offered in 2nd quarter.

**** Tracy Jakaitis to provide details RE: curriculum

- **OTHER:** Christine Birns with U of IL Extension-SNAP Ed confirmed that Lords Park Elementary received OrganWise nutrition education program through a Direct Ed opportunity

Physical Education:

- PE experts on call noted that for HS students, 7 semesters are required and 3 semesters are required for MS students. **Will add these details to LWP.**

**** Tracy Jakaitis to provide details RE: curriculum

Recess:

- LWP Committee requesting language be added to request that recess not be taken away from students OR PA be used as punishment.

**Nayaab S offered to provide language to include.

Classroom Physical Activity Breaks/Active Academics

- Noted that teachers provide as able/comfortable
- Tracey noted that the District has purchased GoNoodles Plus that teachers can use/access.....will add LWP Resource document....need to promote/communicate this document to staff so they are aware of all resources available to meet LWP sections
- Suggested to add Brain Break research to indicate its benefits

**Nayaab S offered to provide language to include.

Other Activities that Promote Wellness (Community Partner updates)

- MDC/FUTP60: has new "virtual homeroom" webpage for teachers. **Robin to provide link to add to Resource document.
- Gail Borden: open to adding books focused on health and wellness that teacher, parents, students can check out.

Triennial Assessment
(due by 6/30/2021)

Christine- highlight need/requirements

- Per ISBE, Triennial Assessment is due by 6/30/2021.
- Ideally, each building is to have its own Assessment; however, if each level (elementary, middle and high) have the same curriculum for health, nutrition, physical

	<p>education, etc., we can combine and have 1 assessment per level.</p> <p>Requesting input from Committee on best/most feasible way to complete</p> <ul style="list-style-type: none"> • LWP Committee is in agreement with having one assessment per level. Will need District curriculum/expectations for each area to have on file as documentation of expectations for each of the subject areas needed in the LWP • Reporting/posting of LWP + Resource document → suggested options include: <ul style="list-style-type: none"> ○ Posting on FNS/District webpage ○ Requesting to add to Tony Sanders' Communication ○ Beth Berg offered to add note/article to employee newsletter
<p>Updates of Programs/Resources Available to Meet LWP Goals</p>	<p>U-46 staff Community Partners</p> <p>See above under "Other Activities to Promote Student Wellness"</p>
<p>Questions</p>	<p>All</p>
<p>Next Steps and Wrap Up</p>	<p>Christine Cliff</p> <ul style="list-style-type: none"> • Christine to update LWP draft with discussed suggestions/additions and resend to Committee for review. • Updated LWP will need board approval... what is the process for this??? • Post updated LWP online and send communication out to parents and staff via avenues discussed above • Christine to start drafts of Triennial Assessment for each level (elementary, MS and HS) and will be reaching out to subject matter experts on LWP Committee to assist in completing • Schedule Spring LWP Committee call- date/time TBD