



## SCHOOL DISTRICT U-46

### LOCAL WELLNESS COMMITTEE FALL MEETING

NOVEMBER 17, 2021

2:00-3:00 PM

GOOGLE MEET: [HTTPS://MEET.GOOGLE.COM/SQJ-SFYU-NHO](https://meet.google.com/SQJ-SFYU-NHO)

OR DIAL: (US) +1 224-701-0582 PIN: 408 020 804#

## AGENDA + MINUTES

### I. Welcome!!

A. PRESENTER: Christine M. Cliff, MPH, RDN, LDN, CLT, FAND; District Dietitian

### II. Roll Call & Introductions

A. Welcome to returning & new Committee members!

**Members present on the call:** U-46 FNS staff: Christine Cliff, Jackie McBride, Jane Russo, Teresa Macias; U-46 Physical Ed (@ LHS): Jim Koeller; U46 Nursing team: Leiann Neitzke, Marylou Gorski; U of IL Extension: Nayaab Sattar, Midwest Dairy: Selena King; COFI: Emily Cole, Carmen Rodriguez; Elgin Park Dist: Santiago Cervantes

Let us know...what is one thing you are grateful for this school year?

Many reasons to give thanks: Students being back in school, staff, health, in-person events and staff 😊

### III. High Level Overview of LWAP goals/objectives

LWAP includes several goals, including:

- **NUTRITION** (school meals, healthy celebrations, nutrition promotion, nutrition & health education),
- **PHYSICAL ACTIVITY** (physical education, recess, activity breaks)
- **OTHER ACTIVITIES THAT PROMOTE WELLNESS** (community partnerships, community health promotion/family engagement & staff wellness/promotion).

### IV. Status LWAP Approval by BOD Update

The updates made last school year were finally approved this week. 😊 Approved document can be found on the U-46 Wellness webpage at <https://www.u-46.org/Page/17688>.

### V. BRAINSTORM Feasible Ideas, Activities, Resources for SY 2021-22

A. PROVIDE input from team members based upon your area of expertise

**IDEAS TO CONSIDER (thank you to all who contributed):**

- Wellness Committee logo/icon to indicate message, program, message is "U46 Wellness Committee Approved".. **need a creative person to assist if we want to pursue**

- Encourage nutrition/wellness promotions at school level, focusing on a monthly theme, i.e., February is American Heart Month, March is National Nutrition Month + National School Breakfast Week. Committee can help provide tools, message, resources to teachers/school staff to help them execute. Encourage to share pictures (just thought of this...)
- Monthly or bi-monthly message included in Supt. Communication from the Wellness Committee, highlighting such things as nutrition/ wellness messages/resources/tips and/or Community Partner highlights... **would love input/submissions from Wellness Committee members**
- Mental Health messaging (mini-messages and/or 30 day challenge)
- Include newly passed Recess Law in a communication to staff (K-5 required to have a total of 30 minutes of recess/day)
- Professional Development opportunities for staff, i.e., ABCs of School Nutrition
- Create toolkits for staff, focusing on LWAP areas, such as healthy celebrations and brain breaks... **suggested to assess need first before developing**
- Identify principal “allies”, YAC groups, before/after school programs to consider partnering with to pilot specific wellness programs/committees (Possibilities: Lincoln, Hilltop, Kenyon Woods MS, Dream, Center House?)
- Develop needs assessment survey for staff, inquiring about types of resources are wanted/needed.. **need input from Committee members**

B. VOTE on 1-2 to aim to accomplish this school year

- Start with monthly/bi-monthly Wellness Committee message...first message to focus on the LWAP updates be updated + resource document created last school year + introduction of Wellness Committee
- Explore needs assessment survey
- Explore potential of wellness programs at select pilot schools

VI. Questions

VII. Next Steps & Wrap Up

- Submit message for upcoming Supt. Communication-**Christine to pull together and share with LWAP for feedback**
- Committee members to submit 1-2 questions to consider for survey AND send nutrition/wellness resources & activities to Christine ([ChristineCliff@u-46.org](mailto:ChristineCliff@u-46.org)).
- Explore how to survey staff effectively RE: needs r/t LWAP goals

VIII. Next meeting: **February 10 at 2:30pm--INVITE TO COME SOON** (*trying different day of week + time to see if will work better for others not able to join this meeting*)

**THANK YOU, LOCAL WELLNESS CHAMPIONS!**