



## SCHOOL DISTRICT U-46

### LOCAL WELLNESS COMMITTEE WINTER MEETING

FEBRUARY 10, 2022

2:00-3:00 PM

GOOGLE MEET: [HTTPS://MEET.GOOGLE.COM/ONO-CHBI-KZY](https://meet.google.com/ONO-CHBI-KZY)

OR DIAL: (US) +1 413-369-1377 PIN: 965 910 605#

## AGENDA WITH MINUTES

### I. Welcome!!

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

### II. Roll Call & Introductions

A. Welcome to all!

**Members present on the call:** U-46 FNS staff: Christine Cliff, Jane Russo, Therese DeSario, Kathleen Straneire; U-46 Physical Ed (@ LHS): Jim Koeller; U46 Nursing team: Leiann Neitzke, Krista McClellan; U of IL Extension: Nayaab Sattar, Christine Birns; COFI: Sara Gonzalez, Silvia Martinez (parent); Elgin Park Dist: Santiago Cervantes

### III. Share new look and feel of [U-46 Wellness Initiative webpage](#)

- Christine shared the updates made to the U46 Wellness Initiative webpage with the Committee. Thank you, Kathleen, for your efforts on the updates.

### IV. Update to Local Wellness Administrative Procedures—**Shared Tables**

- With the recent passing of [Public Act 102-0359](#), Illinois school districts are asked to incorporate a **food sharing plan** for unused food focused on students in need into their local wellness procedures.
- Suggested language from ISBE along with guidance tips for U46 schools/staff to consider will be added to the current Local Wellness Administrative Procedures (LWAP) and shared with the Committee for review.

### V. U-46 staff Wellness survey

A. Review results

- 25 people responded to the survey 😊
- Respondees including U46 staff representing grades PreK-Gr. 12 and from a variety of subject areas and departments, including math, writing, social studies, science, physical education, dual language, social work, paraeducators and foodservice.
- Top 3 resources identified by respondees as being of the highest interest include: 1) Stress Relief/Mental Health Mini-Lessons, 2) Healthful

classroom celebrations, rewards and snacks (60%), 3) Classroom activity break mini-lessons (44%)

- RE: who the respondees would be most interested in coming to school/classroom to provide mini-lessons/programs, 2 tied for most interest- District Dietitian & local chef/U46 cook (28%). U of IL Extension was the next option of high interest (24%).

#### B. Next steps based upon input

- Committee to start working on creating and/or pulling together resources for the top three options.
- Nayaab and Christine (U of IL Extension) noted that D129 has been working on a stress relief/management resource/toolkit (Mindful Moments) and willing to see if they are open to sharing what they are working on. Sara G (COFI) mentioned COFI parent group working on a stress management training resource and will share with this Committee.
- RE: The classroom activity mini-lessons, it was discussed that this resource would be more appropriate for elementary level instead of secondary. Potential resources/references for this option include Brain Gym, Energizers and Take 10.
- Christine C to follow up with those who responded they were interested in having the Dietitian and/or chef/cook provide a lesson at their location

### VI. Upcoming Wellness Committee message topics for Supt. Message

#### A. Looking for suggestions for topics/resources

- Christine to start to draft next Supt. Message article
- Leiann suggested to include a resource for Dental Health month, which is February
- March topic(s) could include National Nutrition Month (NNM) and/or National School Breakfast Week (NSBW).
- Christine Birns (U of IL Extension) suggested a couple potential options to include in a NSBW article: 1) asking Tony Sanders his favorite breakfast at school and 2) tally students' favorite breakfasts.
- Christine C is open to having Wellness Committee members submit more ideas and even to write an upcoming article.

### VII. Questions

### VIII. Next Steps & Wrap Up

- U of IL Extension to follow up with D129 and connect with Christine C RE: stress relief/mental health management resource
- Christine to send Committee complete survey results
- Christine C to add sharing table language to LWAP

IX. **Next meeting:** Spring 2022 (early-mid April?)

- Christine to send out a save the date for spring meeting, which will likely be early/mid-April

**THANK YOU, LOCAL WELLNESS CHAMPIONS!**