



## SCHOOL DISTRICT U-46

### LOCAL WELLNESS COMMITTEE WINTER MEETING

FEBRUARY 16, 2023 | 2:30-3:30 PM

GOOGLE MEET JOINING INFO

VIDEO CALL LINK: [HTTPS://MEET.GOOGLE.COM/BHA-WVOY-AHU](https://meet.google.com/BHA-WVOY-AHU)

OR DIAL: (US) +1 401-552-4755 PIN: 194 378 507#



## AGENDA WITH MINUTES

### I. Welcome!!

- PRESENTER: Christine M. Cliff; District Dietitian

### II. Roll Call & Introductions

**Members present on the call:** U-46 FNS staff: Christine Cliff, Daniella Beci, Audrey Etheridge, Marla Ravlin, U-46 Curriculum Coordinator: Tracey Jakaitis; U-46 Physical Ed (@ LHS): Jim Koeller; U46 Nursing team: Leiann Nietzke; U-46 Human Resources: Beth Berg; Elgin Park Dist: Santiago Cervantes; Midwest Dairy Association: Lela Fausze; Rise and Shine IL: Monique Batteast; U of IL Extension: Christine Birns

### III. UPDATES to the Local Wellness Procedures COMPLETED & [POSTED](#) (on U46 [Wellness Initiative webpage](#))

**Updates to these sections can be found on pages 9-10**

- **Fundraisers-** non-food fundraisers are encouraged.
  - **ELEMENTARY & MIDDLE SCHOOLS:** Fundraisers that include food are not permitted during the school day. Only fundraisers that include non-food items are allowed during the school day, which is defined as midnight to 30 minutes after the end of school.
  - **HIGH SCHOOLS:** Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the USDA Smart Snacks nutrition standards. Each high school is allotted nine (9) exempt fundraising days are for food and beverages that are not smart snack compliant.
- **Vending-** items in vending machines are to meet USDA Smart Snack criteria
- **Snacks-** approved list available if schools wish to order snacks that meet USDA's Smart Snack criteria.

### IV. National School **Breakfast Week** (3/6-3/10/23)- **Marla & Audrey**

- **THEME:** *DIG IN to School Breakfast*
- Marketing & Contest
  - Elementary & Secondary are asked to decorate their cafeterias, dress up and celebrate school breakfast during NSBW- March 3-10.
  - **COMMUNITY PARTNERS:** If you interested in visiting one of the U46 schools during NSBW (during breakfast time), reach out to Christine Cliff to coordinate a visit.

V. UPDATE-FoodMaster Fan Cards- **Christine**

- **FoodMaster-** The core mission is to develop and provide teachers with authentic mathematics and science resources that use food to engage students in science learning. Curriculum available for elementary, middle & high school levels.
- FanCards are still being worked on. Christine Cliff was informed that they should be ready in the near future. Will collaborate with Tracey J to coordinate implementation into health/nutrition ed curriculum.  
\*\*\*Potential opportunity for grants\*\*\*
- **EXAMPLES OF FAN CARDS:** attached to email of minutes
- Learn more about [FOODMASTER HERE](#).

VI. SEEKING Additional ideas for nutrition education for students

- **U of IL Extension-** Direct nutrition/health ed (OrganWise Guys) has not been in U46 recently, but would like to see that change. Available curriculum include K-2, gr. 3-5, Afterschool and for parents. Christine Birns to follow up with more details.

VII. U46 Wellness Fest UPDATE- **Christine**

- **Save the Date: May 4, 2023- 2-7pm at The Centre** (100 Symphony Way; Elgin)
- **Activities & highlights**

It is being planned in collaboration with the Kane County Health Department. The theme is "May Your Health Be With You" and will highlight a wide variety of fun and engaging activities. A few highlights include:

- Recipe tastings
- Pop-up farmer's market
- Car seat safety checks
- Dental screenings
- Glo-germ handwashing station
- Photo booth opportunity
- Cardio blast sessions
- Get stretched out by StretchLab
- Double Dutch coaching and competition
- Learn dance moves from Larkin HS's Royal Elite dance group
- Meet the Elgin Police Department's SWAT team
- Come cheer on our U46 students during a 3 v 3 basketball tourney. The winning student team will go up against a U46 staff team.
- Enjoy a food truck fiesta, featuring Perk 'N Pickle, Mario's Cart and Elgin PD's ice pop cart
- Participate in the WELLNESS PASSPORT activity to earn additional raffle tickets
- And so much more!
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- Marketing—**SEE FLYER & WELLNESS PASSPORT** (drafts) attached to the email for the minutes from this meeting
  - Working with U46 Communications
  - **ALL**: Once flyer is finalized, please share with your partners & in your spaces. **Spread the word** so we can have a successful event
- **RAFFLE PRIZES**: Looking for more raffle prizes that go along with the health, wellness and nutrition theme of the event

VIII. Community Partner Updates- **Community Partners**

From Tracey J:

- **Drug Free Dash 5K run or 2-mile walk- April 22, 2023 (Saturday) at 8am** *Sponsored by the Coalition for a Safe & Healthy Elgin (CSHE)*
- Only \$5 for runners & walkers age 20 and under! Over 21 at \$20 and all runners receive a quality t-shirt Race begins north of the Gail Borden Library, 270 Grove Avenue in Elgin
- **HELP SPREAD THE WORD**—English & Spanish flyers attached to email for the minutes from this meeting

From Christine B (UofIL Extension):

- Direct nutrition ed- referenced above. More details to come.

From Lela F (MDA):

- Celebrating the “Year of the Farmer” – TV ad featured during Super Bowl;
- More details to be shared by Lela F

IX. Questions & Wrap Up

- X. **Next meeting:** Spring 2023 (late April)...Look forward a calendar invite in the next few weeks.

**THANK YOU FOR BEING A PART OF THE LOCAL WELLNESS COMMITTEE THIS SCHOOL YEAR!**