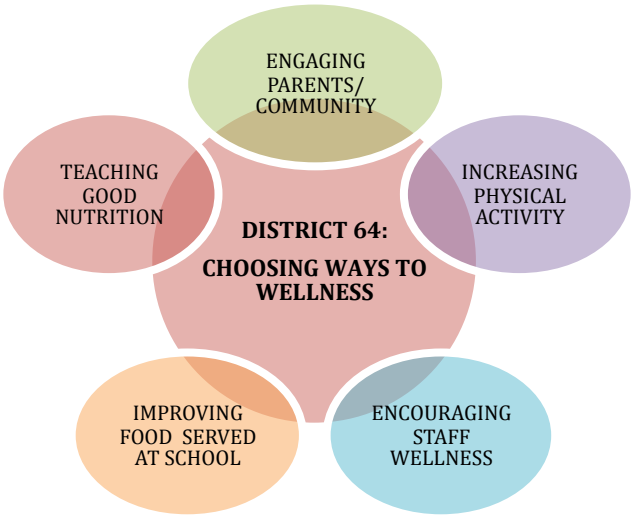

DISTRICT 64
WELLNESS COUNCIL

MAY 15TH, 2012

Present: P. Risk, N. Norris, S. McDaniel, M. Vaccala, K. Nasshan, D. Walsh, J. Morrison, M. Petkofski, C. Meredith

•SPINNING CLASS

A spinning class for staff was taught by S. McDaniel on May 2, at Lincoln. Approximately 6 staff members participated and was enjoyed by all.

Yoga for all staff, held at Carpenter School on Thursdays, will end on May 24th. Half of the collected donations will be given to the Sandra Arbeter Fund, and the other half will be decided on by class participants.

Field School hosts yoga for staff members every Monday. Donations from these classes will be given to the Field School PTO.

•NUTRITION SPEAKER

Celia Pappas, registered dietician from Lutheran General Hospital, gave a presentation for all district staff on Friday, April 20, during the lunch hour, at Field School. The presentation was titled, "Get your Plate (or Brown Bag lunch) into Shape," and focused on the new FDA guidelines for nutrition, "My Plate," which has replaced the Food Pyramid. Approximately 15 people attended, and the feedback was very positive.

•5K WALK/RUN

Discussion regarding staff and school community participation was tabled due to Dr. Bender's absence.

•GIRLS ON THE RUN-CARPENTER?
Several PTO parents have expressed interest in holding this program at Carpenter. The program requires formal training of facilitators, and focuses on building preteens' positive self-images and incorporating physical activity (running). The completion of the series culminates in a running event in Chicago during the summer. P. Risk will report back to the Council on progress organizing the program.

•CCDPH/CMH RESEARCH RESULTS
Results of the BMI and physical activity research projects were shared by the investigators via written report to schools. Principals have copies of the reports, and have shared them with staff.

•GOALS FOR NEXT YEAR
Council agreed to retain **Teaching Good Nutrition** as one of our goals for next year. It was felt that significant progress has been made toward Encouraging Staff Wellness; therefore, **Engaging Parents/Community** will be the 2nd goal we will focus on.

•Nutrition Detectives
M. Vaccala, parent rep, introduced an educational program for elementary school students that teaches reading of food labels, and detecting marketing deceptions. The program is free of charge, and many materials can be downloaded from the website:
http://www.davidkatzmd.com/nutritiondetectives.aspx
The founder of the program, David Katz, MD, MPH, FACPM, FACP, is affiliated with Yale University School of Medicine, and Yale Prevention Research Center. Council members agreed to preview the program. It was suggested that members meet with Tony Clishem, Curriculum Specialist for Science/Health, and L. Hinton, incoming Asst. Superintendent for Student Learning, to discuss how this program might be utilized to enhance health curriculum already in place.

•MEETINGS NEXT YEAR
September 25th, 2012
November 27th, 2012
January 29th, 2013
March 19th, 2013
May 28th, 2013

Submitted by M. Petkofski 5/21/12