

**WELLNESS COMMITTEE MEETING
TUESDAY, FEBRUARY 7, 2012– 3:30 P.M.
GENESEO UNIT OFFICE**

Committee Members Present

Linda DeSmith, Nancy Dale, Julie West, Deb Rokis, Michele Hepner, Anne Marie Stone, Deanna Coulter, Paula Glawe, and Jack Schlindwein

Review of October 5, 2011 Sub-Committee Meeting Minutes

The minutes from the Wellness Sub-Committee Meeting were presented to the Committee for review. At this October 5, 2011 meeting, the District Policies 6:50 and 7:285 were reviewed. Nutrition and Physical Activity within the District was also reviewed.

Board Policy 6:50 – School Wellness

Policy 6:50 was approved by the Geneseo Board of Education on April 16, 2009. This policy was reviewed again by the members of this Committee. No changes were recommended. Miss Hepner indicated that Federal Guidelines outlining this policy now indicate that a Physical Education teacher needs to be added to this Committee. Mr. Schlindwein will ask Todd Ehlert, M.S. P.E. teacher, if he is interested in joining the group. An assessment tool needs to be created to monitor the implementation and progress of this policy. Miss Hepner and Mr. Schlindwein will create an evaluation survey and email it to the Wellness Committee for their responses.

Board Policy 7:285 – Food Allergy Management Program

Copies of Board Policy 7:285 and 7:285-AP were distributed and reviewed. This policy was just approved at the November 11, 2011 Geneseo School Board Meeting. No changes were recommended to these documents. Both Mrs. Stone and Mrs. Coulter felt that the District is handling the peanut butter issue very well at their children's schools. Mrs. Rokis told the Committee that "Peanut and Nut Free" signs are getting made to hang in the appropriate classrooms. She also told the group that all of the nurses' offices now have a cabinet with epipens in it for the students that may need one (each student's epipen is well marked).

Nutrition

Mr. Schlindwein informed the group that all of the schools were given copies of "Healthful Food and Beverage Options for School Functions" in August of 2011. He will continue to give this out every year.

Mrs. DeSmith commented that she thought having the water option for students at lunch time is very successful and useful.

Mrs. Glawe, food manager at Millikin Elementary School, is encouraging teachers to have their classroom snacks in the afternoon, instead of the morning. This Committee continues to recommend that teachers stress the importance of good eating habits in the classroom.

Nutrition (cont.)

Miss Hepner briefly reviewed the new Federal guidelines that will be coming out in the fall of 2012. She feels that these new guidelines will make lunches more expensive to serve and that there may be an increase in food waste by the students. These guidelines will require larger servings of both fruits and vegetables.

Mrs. West talked about the length of time that students are allowed to eat lunch. She felt that they are rushed sometimes. Mr. Schlindwein commented that kindergarten and first grade students at Northside have lunch recess before lunch, instead of after lunch. This seems to be helpful in getting the students to take their time a little more. Northside kindergarten students have also been given a few more minutes to eat this school year.

Physical Activity:

The District will continue to align their physical education curriculum with those outlined in the Illinois Learning Standards. Physical education instruction takes place at the elementary level three (3) days per week and is taught by the P.E. teacher. Two (2) days a week the classroom instructor is responsible for the P.E. instruction. At the middle school and high school levels, P.E. is taught every day of the week.

Even with a well-outlined physical fitness program being implemented in the District, we still have a large percentage of students in the District that are overweight and obese. Mrs. Rokis presented the Committee with a "Summary of Children's BMI-for-Age" (see attached reports for elementary, middle school, and high school information). According to these reports, 33% of our elementary students are considered overweight or obese (last year it was 35%); 33% of our middle school students are considered overweight or obese (last year it was 30%); and 31% of our high school students are considered overweight or obese (last year it was 37%).

Other:

As done at the beginning of the 2011-12 school year, it was recommended by the nurses on this Committee that a time be set up at the beginning of the 2012-13 school year for them to meet with the teachers of students that have special needs (i.e.: food allergies, diabetes, etc.). These meetings proved to be beneficial for the students, parents, and teachers.

Mr. Schlindwein briefly discussed and reviewed the new Concussion Policy (7:305) with the Committee.

Mr. Schlindwein told the Committee that this information would be shared with the Board of Education at their March 8, 2012 Meeting. The Committee adjourned at 4:10 P.M.

HEALTHFUL FOOD AND BEVERAGE OPTIONS FOR SCHOOL FUNCTIONS

At school functions (parties, celebrations, meetings, etc.), healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- *Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- *Fresh fruit wedges - cantaloupe, honeydew, watermelon, pineapple, oranges, etc.
- *Sliced fruit - nectarines, peaches, kiwi, plums, pears, apples, mangos, etc.
- *100% fruit or vegetable juice
- *Frozen fruit pops with fruit juice or fruit as the first ingredient
- *Dried fruit - raisins, cranberries, apples, apricots
- *Single serving applesauce or canned fruit in juice
- *Trail mix (dried fruit and nuts)
- *Dry roasted peanuts
- *Party mix (variety of cereals, nuts, pretzels, etc.)
- *Pretzels or reduced fat crackers
- *Baked chips
- *Low-fat muffins
- *Granola bars
- *Graham crackers
- *Mini bagels
- *Bread sticks
- *Fat-free or low-fat pudding cups
- *Ice cold water

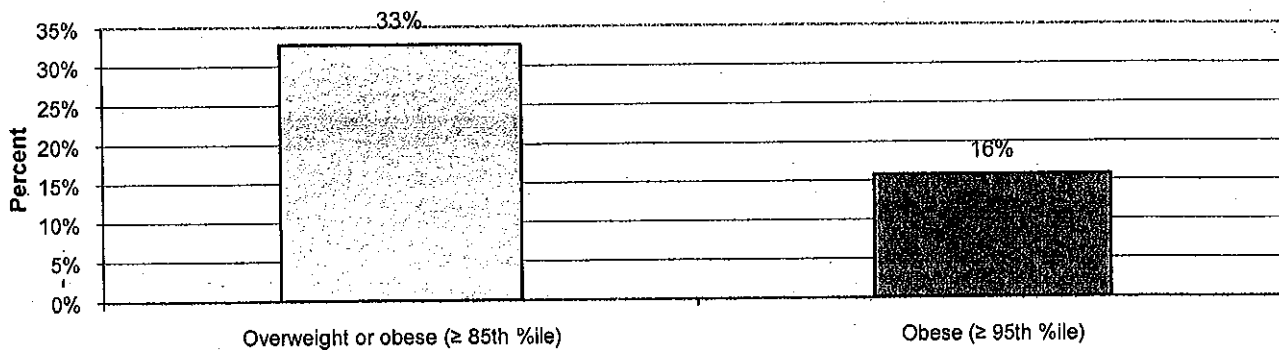
This list is not inclusive and meant only to provide parents and school staff with guidance for healthier food and beverage choices.

Summary of Children's BMI-for-Age

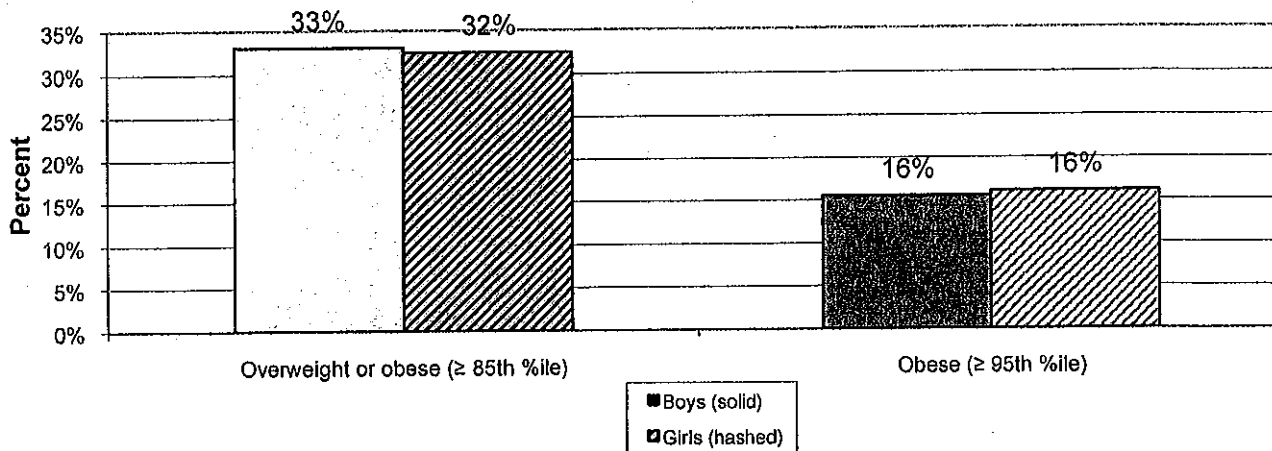
	Boys	Girls	Total
Number of children assessed:	393	354	747
Underweight (< 5th %ile)	2%	4%	3%
Normal BMI (5th - 85th %ile)	65%	64%	64%
Overweight or obese (\geq 85th %ile)*	33%	32%	33%
Obese (\geq 95th %ile)	16%	16%	16%

*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

Prevalence of Overweight and Obesity



Prevalence of Overweight and Obesity, by Sex

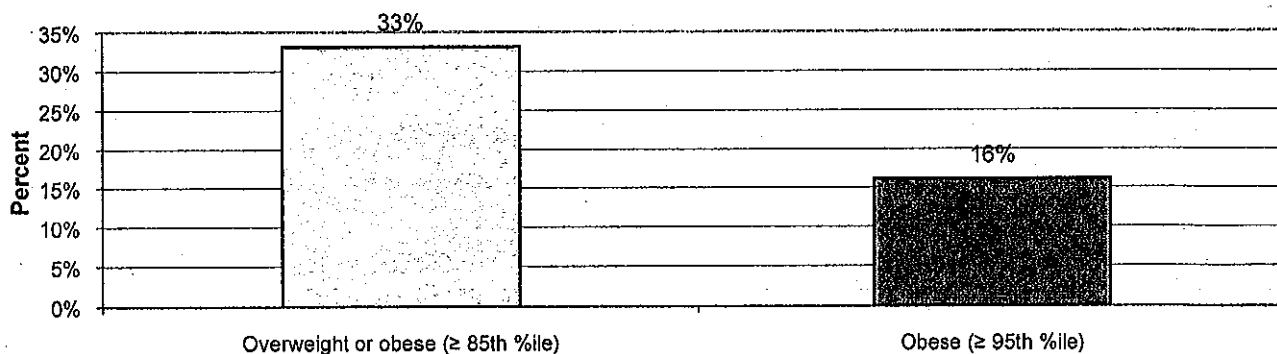


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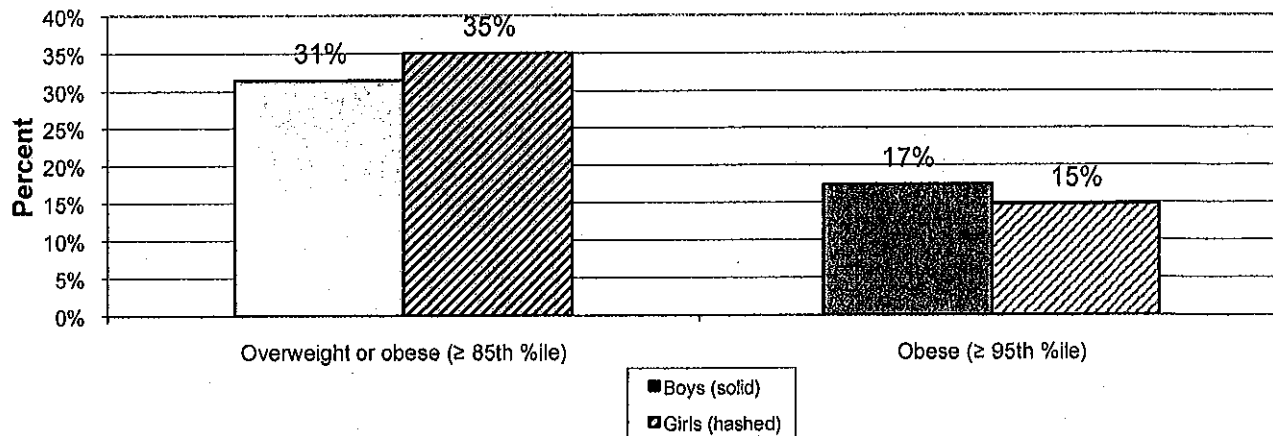
	Boys	Girls	Total
Number of children assessed:	213	197	410
Underweight (< 5th %ile)	3%	2%	3%
Normal BMI (5th - 85th %ile)	65%	63%	64%
Overweight or obese (≥ 85th %ile)*	31%	35%	33%
Obese (≥ 95th %ile)	17%	15%	16%

*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity; summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

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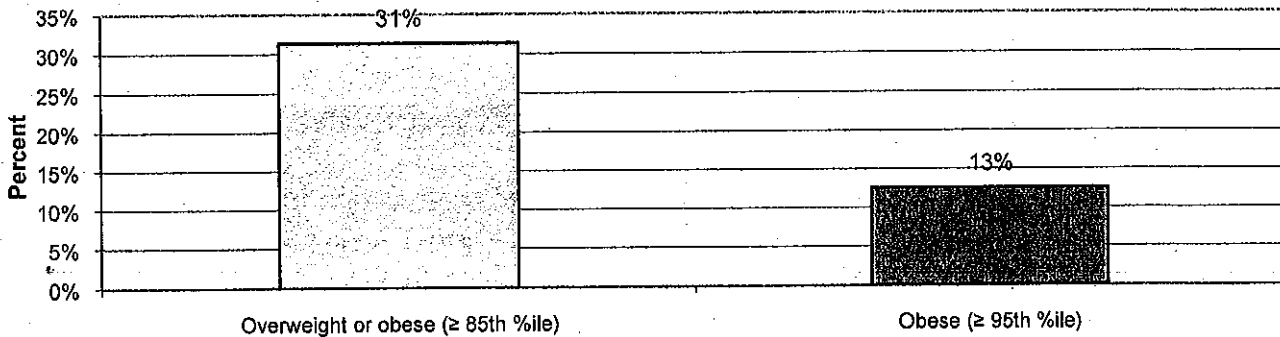


Summary of Children's BMI-for-Age

	Boys	Girls	Total
Number of children assessed:	306	305	611
Underweight (< 5th %ile)	5%	3%	4%
Normal BMI (5th - 85th %ile)	57%	72%	64%
Overweight or obese (≥ 85th %ile)*	38%	25%	31%
Obese (≥ 95th %ile)	17%	8%	13%

*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

Prevalence of Overweight and Obesity



Prevalence of Overweight and Obesity, by Sex

