

**WELLNESS SUB-COMMITTEE MEETING  
WEDNESDAY, OCTOBER 5, 2011 – 1:30 P.M.  
GENESEO HIGH SCHOOL**

**Present:**

Deb Rokis, Head District Nurse; Michele Hepner, Food Service Director; Jack Schlindwein, Director of Operations

**Board Policy 6:50 – School Wellness**, which was approved by the Geneseo Board of Education on April 16, 2009 and amended on April 14, 2011 was reviewed by the members of this sub-committee. Nutrition and Physical Activity in the District were discussed. This sub-committee will be making no recommendations for any changes to this policy. In the near future, however, Federal regulations may establish evaluation guidelines for this policy.

**Board Policy 7:285 – Food Allergy Management Program** – This sub-committee reviewed this policy, which was approved by the Geneseo CUSD #228 Board of Education on November 11, 2010. No changes are being recommended to this policy.

**Administrative Procedure 7:285 – Implementing a Food Allergy Management Program**

The Administrative Procedure that accompanies Policy 7:285 was created by this sub-committee last school year. It was recommended and put into practice in November 2010.

A Food Allergy Management Committee has been incorporated into the Wellness Committee. Two parents with an allergy “backgrounds” have joined the Wellness Committee, so their knowledge can supplement the group. These administrative procedures will be annually reviewed by this sub-committee and the Wellness Committee.

Mr. Schlindwein will share with the elementary schools the importance of keeping our educational settings free of food allergens (refer to page 3 of this administrative procedure under Phase Two).

**Nutrition:**

Ms. Hepner reported that the District continues to follow the National School Lunch Programs Standards in all of our schools. Alternate lunches continue to be offered at all of the buildings. These alternate lunches meet National Standards also. Water is now available to all of the students in the District during lunch time via either a water fountain or a water dispenser. Food manager meetings are held every other month to look for ways to continually improve our lunch program in the District. New food guidelines from the Federal government will be out in the near future.

A discussion took place regarding the guidelines of what food products can be sold during school hours. This issue will be addressed in the new Federal guidelines that are scheduled to out this school year.

Nutrition Education continues in all of the classrooms in the District via the health education curriculum.

**Physical Activity:**

The District continues 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 well-outlined nutrition and physical fitness programs existing in the District, Mrs. Rokis expressed some concerns about numerous students still being overweight and obese. At the last Wellness Committee Meeting, Mrs. Rokis shared with the group current information about the District's over weight and obesity issue. At the next meeting, she will give a similar update.

Walking programs are being sponsored by all of the elementary buildings to encourage physical fitness.

During the 2010-11 school year, the District's "Health and Community Committee" was formed. Their goal is to help our students and staff become more healthy and physically fit. On May 19, 2011, this Committee organized and implemented an all-elementary field day at the H.S. It was very successful.

A Wellness Committee Meeting will be scheduled in late February 2012, with an update being presented to the Board of Education at the March 8, 2012 School Board Meeting.