

Wellness Committee Meeting Summary

Feb 11, 2014

- 1) 12-member committee, no policy change recommendations at this time.
- 2) Food Allergy Management Program.
 - a) Parent committee member is pleased with District efforts regarding food allergies.
 - b) Epi Pens are now in use in all buildings for school nurse use only.
- 3) Nutrition.
 - a) New Federal Guidelines for National School Lunch Program effective July 1, 2014.
 - b) Impact “all food items sold to students during the school day.”
 - c) Will not impact concession stands—could impact several fundraisers.
- 4) Physical Activity.
 - a) Head Nurse Deb Rokis presented info on Geneseo student’s Body Mass Index.
 - i) Geneseo students across all age groups are in the national average for BMI. No considerable changes from last year.
 - b) National PE Standards now available in Atlas curriculum mapping.

**WELLNESS COMMITTEE MEETING
TUESDAY, FEBRUARY 11, 2014– 3:30 P.M.
GENESEO UNIT OFFICE**

Committee Members Present

Todd Ehlert, Linda DeSmith, Anne Marie Stone, Nancy Dale, Michele Hepner, Paula Glawe, Deanna Coulter, Jessa Coulter, Deb Rokis, Jackie Mickley, Julie West and Tim Gronski

Review of the December, 2013 Sub-Committee Meeting Minutes

The minutes from the Wellness Sub-Committee Meeting were presented to the Committee for review. At this December, 2013 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 amended and approved by the Geneseo Board of Education on August 8, 2012. No changes were recommended to this policy by the Wellness Committee. The recently amended policy called for the addition of a Geneseo School Board member, a P.E. teacher and a student. The three members to this Committee are: Jackie Mickley, Todd Ehlert and Jessa Coulter.

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 approved at the November 11, 2010 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 will check with the nurses at the buildings to make sure that the "Peanut and Nut Free" signs are being displayed in the appropriate classrooms. Epi-pens are now in use in all of the buildings. Only the nurses can decide to use them on a student, if they have an unknown allergy.

Nutrition

Copies of "Healthful Food and Beverage Options for School Functions" were sent to all buildings in August of 2013. Miss Hepner briefly reviewed the new Federal guidelines for NSLP which will go into effect July 1, 2014. This new legislation will impact "all food sold to students in schools" which will include a-la-carte items, snacks, vending machines and fundraiser food items sold.

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.

Physical Activity (continued)

Mr. Gronski discussed the district wide web based curriculum mapping project and the presence of national PE standards that will be available to PE teachers for their units of study.

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, 35% of our elementary students are considered overweight or obese (last year it was 32%); 37% of our middle school students are considered overweight or obese (last year it was 36%); and 33% of our high school students are considered overweight or obese (last year it was 34%).

Mr. Gronski informed the Committee that this information would be shared with the Board of Education at their March 13, 2014 meeting. The Committee adjourned at 4:10 P.M.