

Child Health and Welfare Minutes

January 16, 2013

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1. Purpose of Committee
The purpose of the Child Health and Welfare Committee (CHAWC) is to provide input to the administration on topics that influence the well being of children while in school including discipline, safety, health and wellness concerns such as life threatening allergies and obesity and other topics as they may arise.

2. Introductions were made of committee members

3. Handbook Revisions for 2013-2014 were discussed and input was given. Below are some highlights:
 - a. The discipline rubric will have additional wording added to highlight our PBIS practices.
 - b. The definitions for harassment and bullying will be updated to align with the district policy and federal definition.
 - c. A suggestion was made to change language regarding when parents will be contacted to pick up a student if the student was sick at a school.
 - d. Language will be clarified regarding a clarification of skipping and truancy.
 - e. All polices that have changed since last year will be updated in the handbook.
 - f. All schools and departments will share any suggestions with Lori Casey and if appropriate suggestions will be included with the draft that will be given to the Board for approval.

4. School updates were given
 - a. The use of books for the classroom library in lieu of birthday treats has been very successful at the Primary School. Mrs. Anderson met with all room parents prior to parties this year and reviewed the guidelines regarding healthy treats. This is the first year Primary will be participating in Jump Rope for Heart with the American Heart Association. There will be a special show by a student group from Rock Cut Elementary entitled "Jumpers on Fires." The PE staff that funded yoga mats and yoga materials and aerobic steps wrote two grants. These new tools are being implemented in the spring to teach students about additional fitness activities.
 - b. The Elementary School began their year by meeting with head room parents and discussing healthy options for holiday parties. Currently, there

are 32 teachers at Elementary who are utilizing non- edible treats for birthdays. Next year, 2013-2014 the plan is that all of Elementary will be utilizing non- edible treats for birthdays if parents chose to send in a treat. Mr. Brown and Dr. Hyllberg have a communication plan devised to ensure parents are aware of the change. They are continuing with the Girls on the Run program.

- c. The Intermediate School also began their year by meeting with head room parents and discussing healthy options for holiday parties and observed approximately 85% of choices were healthy including food alternatives and arts and crafts. An Intramural option was piloted entitled Wildcat Eats. It ran for six weeks and was a popular choice for students. There was a different theme each week such as dairy or protein. Students created a healthy snack and then participated in a physical activity. Food and activity logs were kept for the week and discussed. There is a Food Service Committee with students where they share input to Arbor and taste new foods. In lieu of Jump Rope for Heart Intermediate will be participating in Football for Heart in conjunction with the American Heart Association and the Chicago Bears during the week of February 4-8. Julia Plescia is working with Kimberly Clark to have them provide cling on reminders that can be affixed to mirrors to remind students and staff about hand washing. There is also a partnership occurring with Prairie Orthodontics for Dental Health Month.
 - d. Middle School in continuing Girls on the Run. An observation was made that there is less negative feedback from students about healthy choices in the cafeteria. There is a Food Service Committee with students where they share input to Arbor. The ROAR store is offering healthy choices and PBIS is using options such as Gym Days as prizes in lieu of sugary treats.
 - e. There was a point made that we should carefully use our terms with students when discussing healthy choices. A suggestion to use the term nutritious instead of healthy. Another suggestion was made to promote students to drink more water instead of Gatorade or juice.
 - f. An idea was brought forth of having a planned party tray that parents could purchase for holiday party for classes. Judy Gilbert from Arbor will research options and share with the committee.
5. A discussion was held regarding snacks in school. The concern was that many of our students are going for several hours without eating and students should be eating something every three to four hours. Currently if a student would require or parents would like the student to have a snack and their class does not have a snack time it is permissible to work out an arrangement to allow the student to eat the snack in the Nurses' office. A point was raised that this interrupts instructional time and isolates students. A question was raised as to how many classrooms allow snacks during the day, how the determinations were made if snack was allowed, and what about students who do not have a snack sent in to eat. Principals will gather data and the discussion of possible guidelines will occur at a future Leadership Team Meeting.

6. The Woodland PTA/ Foundation Fun Run will be happening on May 3, 2013. A PTA Meeting on January 24 will be discussing volunteers. If you are interested in assisting please contact Nancy Kehoe at pta@dist50.net.

7. Next meeting- March 18