The mission of Urbana School District 116, a multicultural community committed to educational excellence, is to ensure that all learners acquire knowledge, develop skills, and build character to achieve personal greatness and help create a better global society, by providing innovative, comprehensive programs, respecting individual learning styles and cultural differences, and fostering caring and nurturing relationships while engaging each student, every family and the entire community.

The purpose of the Wellness Committee is to review and update our current wellness policy and make recommendations to the Board of Education on any changes to our policy or practices related to wellness.

Committee Member Introductions

Julie Blixen, Assistant Principal of Student Engagement, Urbana High School
Bradley Benner, Physical Education Teacher, Thomas Paine
Derrick Cooper, Principal, Urbana Middle School
Jenny Daab & Lisa Kilawee, Community Based Health Center
Melani Ferchow, Assistant Principal, Yankee Ridge
Linda Gibbens, Director of Grant-Based Programs
Jennfer Gilbert, Parent
Anne Hall, Board of Education
Val Koress, Champaign-Urbana Public Health District
Katie Madigan, Asst Principal of UECS & Elem Special Ed Facilitator
Amy Marx, District Nurse
Fiona Munro & Traci Barkley, Sola Gratia Farm
Lara Orr, Board of Education
Jamie Perry, Teaching Assistant, Urbana High School
Caty Roland, Chief Financial Officer, Wellness Committee Chair
Jonathan Schmidt, Arbor Food Service Director
Others:

School Wellness Policy Background

- To combat the growing childhood obesity rates in the United States, the policy was originally adopted in 2006 to comply with the Child Nutrition Reauthorization Act, which required schools to adopt a policy addressing nutrition education, physical activity, and promotion of healthy lifestyles.
- A more robust version of the policy was adopted in 2015 which specified the creation of the Wellness Committee and its roles and responsibilities. USD’s Wellness Committee last convened in 2015.
- The current policy was revised in 2022 to include an Unused Food Sharing Plan.
Wellness Policy & Administrative Procedures

The District Wellness Committee, in collaboration with individual school’s wellness committees, will establish and monitor goals and objectives for the District’s schools, specific and appropriate for each instructional unit, for each of the content-specific components listed in the policy.

- Students have access to healthy foods throughout the school day
- Students receive quality nutrition education
- Students have opportunities to be physically active before, during and after school
- Schools integrate other activities that promote student wellness
- District staff are encouraged to practice healthy nutrition and activity behaviors in and out of school
- Community is engaged to support students and staff to practice lifelong healthy habits
- District manages the oversight implementation and monitoring of the policy and its goals

Discussion on Goals and Action Steps

- ISBE Local Wellness Policy Information
- Triennial Assessment

Food Service Updates

Committee Member Reports

Announcements

Register by October 5 for the Great Apple Crunch on October 13, 2022

Next Meeting Dates:

Tuesday, December 6, 2022, 4:00pm
Tuesday, February 21, 2023, 4:00pm
Tuesday, April 18, 2023, 4:00pm