



## **URBANA SCHOOL DISTRICT #116**

### **WELLNESS COMMITTEE**

*Urbana Middle School, Room 1520*

*1201 S Vine St, Urbana, IL 61801*

*Tuesday, October 4, 2022*

*4:00 p.m.*

*www.usd116.org*

The mission of Urbana School District 116, a multi-cultural 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

Gennifer 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

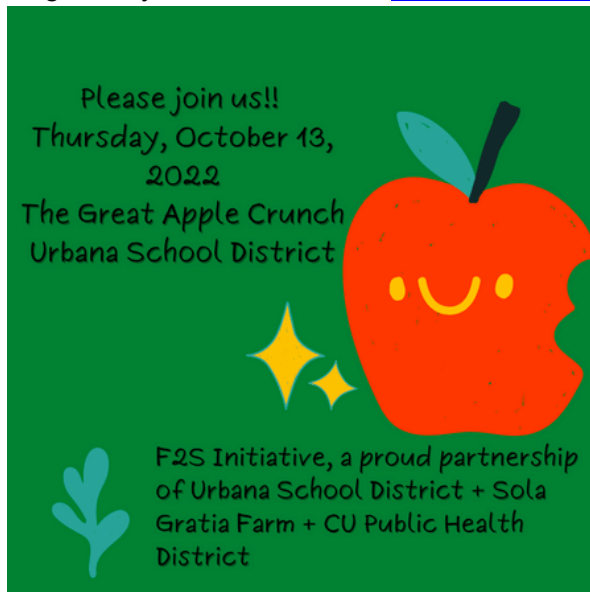
- [ISBE Local Wellness Policy Information](#)
- [Triennial Assessment](#)

## 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