

WELLNESS COMMITTEE

Wednesday, January 22, 2020

3:30-4:35 pm

Room 101

Members: Debra Meyer-Myrum, Andy Leidenfrost, Jenah Gross,

Absent: Jodie Saehr, Jean Flicker, Becky Przybilla, Mindy Rudolph, Crystal Ratke, Cindy Marshik,

Resource: Robyn Skwira

MINUTES:

1. Reviewed the local wellness policy checklist
2. Reviewed Wellness policy using the WellSAT3.0 – assessment. Changes were made to the policy. The revised policy will be presented to the school board at the April meeting.
 - a. Discussed surveying parents on a breakfast option in the fall registration packet.
 - b. Debra will chart the amount of physical activity per day for each grade level.
3. Tabled until next meeting.
Smarter Lunchroom movement. <https://www.smarterlunchrooms.org/members/register>
 - a. Scorecard
 - b. Strategies
4. Tabled until next meeting. Review Goal

Module 1: School Health and Safety Policies and Environment

Rewriting policy Debra research any changes

Module 2: Health Education:

- Social Emotional Learning is being implemented over the next three years.

Module 3: Physical Education and Other Physical Activity Programs: Andy L

website <https://www.shapeamerica.org/cspap/what.aspx>

- Provide a variety of school-based physical activities: PE, recess, stairs, walk to lunch
 - Classroom Physical Activity Breaks – third grade, fourth, Go Noodle suggested program
 - Shape America website has a monthly calendar for children to do physical activities at home.
 - Fuel Up 60 promotion – no applicable programs at this time
 - Implemented new PE standards
- **Module 4: Nutrition Education:** Jean
 - New menu items – sub sandwiches; new chicken recipes;
 - Promotion of portion size for snack: revisit with teachers
 - Parents list of healthy snacks
 - Small refrigerators in the classrooms no longer working -
 - Other –

Module 5: Health Services

Module 6: Counseling, Psychological and Social Services – No requests at this time

Module 7: Health Promotion for Staff – Staff plans activities

Module 8: Family and Community Involvement - Pierz wrote a grant for a walking path

Other...

Next meeting will be on

Agenda for next meeting: Physical activity chart, smarter lunch movement, review goals

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