

WELLNESS COMMITTEE

Tuesday, October 9, 2018 3:30-4:15 pm Room 101

Members: Debra Meyer-Myrum, Andy Leidenfrost, Kelly Gangl, Jean Flicker, Cindy Marshik, Jodie Saeher, Kelli Diederich, Robyn Skwira, Crystal Ratke, Becky Przybilla, Jenah Gross, Rachel Young

AGENDA

1. 2018-19 Goals:
 - Physical Education promote 60 minutes per day of physical activity.
 - Professional development for teachers on health education
 - Lunch program – each classroom develop a lunch once during the school year.
2. <https://education.mn.gov/MDE/dse/stds/hpe/> MN Standards for Health and PE
3. <https://www.hhs.gov/fitness/programs-and-awards/presidents-challenge/index.html>
This site is a resource to look at to promote physical fitness.
4. <https://www.healthiergeneration.org/programs/> Wellness Planning: Healthier Generation

Module 1: School Health and safety Policies and Environment

Module 2: Health Education:

Teachers of health education will participate at least once a year in professional development in health education.

Module 3: Physical Education and Other Physical Activity Programs:

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

- A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. [CDC, in collaboration with SHAPE America, developed a step-by-step guide](#) for schools and school districts



to develop, implement, and evaluate comprehensive school physical activity programs. The goals of a CSPAP are:

HOLY TRINITY CATHOLIC SCHOOL.....To form a Christ-centered Catholic community where faith and learning are lived and celebrated daily through Gospel values and academic excellence.

- To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
- To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education.
- Classroom Physical Activity Breaks: (See CSPAP information)
- MN K-12 Academic Standards Physical Education 2018 implementation beginning next school year.

Module 4: Nutrition Education:

The school will teach, model, encourage and support healthy eating by all students, including students with cold lunches.

Module 5: Health Services

Module 6: Counseling, Psychological and Social Services

Module 7: Health Promotion for Staff

Module 8: Family and Community Involvement

Next meeting will be December 10, 2018

Agenda for next meeting: