

## WELLNESS COMMITTEE

Wednesday, October 9, 2019

3:30-4:15 pm

Room 101

Members: Debra Meyer-Myrum, Andy Leidenfrost, Jenah Gross, Jean Flicker, Jodie Saehr, Crystal Ratke, Cindy Marshik, Becky Przybilla

Absent: Jenah Gross, Mindy Rudolph

Resource: Robyn Skwira

### AGENDA:

1. Set goals for 2019-2020

#### **Module 1: School Health and Safety Policies and Environment**

Rewriting policy Debra research any changes

#### **Module 2: Health Education:**

- Debra has been researching resources for social emotional learning (SEL). The optimal would be for student and parent learning. A few years ago TOP 20 was presented at a Diocesan meeting. After reviewing the potential of this social emotional program, it may be what HT can use to assist students, families, and staff.
- <https://top20training.com/watch-top-20/>

#### **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 a Wednesday.

Agenda for next meeting: Review plan