

WELLNESS COMMITTEE

Monday, December 10, 2018

3:30-4:15 pm

Room 101

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

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. There are new PE and Health standards – update from Andy on progress toward adoption of new standards.
3. <https://www.healthiergeneration.org/programs/> Wellness Planning: Healthier Generation. This site was used to evaluate the wellness of Holy Trinity School in the following eight modules.

Module 1: School Health and safety Policies and Environment – on track

Module 2: Health Education: Discussion on area.

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:

website <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:

- 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.

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.

- Classroom Physical Activity Breaks: (See CSPAP information)
- MN K-12 Academic Standards Physical Education 2018 implementation beginning next school year.
- Report on implementation. Andy been working on coming up with a weekly fitness goal for the students to do at home. He is hoping to have in finalized by Fall break so he can start it up the first week in November, and maybe include it in our newsletter or something along those lines. Activity list calendar with reward
- Fuel Up 60 promotion – Jenah will look at information.

Module 4: Nutrition Education: Report from Jean.

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

Snack lists sent home. Refrigeration available

Module 5: Health Services – On track

Module 6: Counseling, Psychological and Social Services – Northern Pines

Module 7: Health Promotion for Staff – Staff plans activities

Module 8: Family and Community Involvement

Next meeting will be Tuesday, January 22, 2019

Agenda for next meeting: