



Holy Trinity Catholic School
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Principal: Mrs. Debra Meyer-Myrum
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Faith Formation – Academic Excellence

WELLNESS COMMITTEE

Thursday, February 9, 2017 3:05-4:00 pm Room 101

Members: Rachel Young, Debra Meyer-Myrum, Theresa Purkat, Linda Schraut, Jenah Gross, Kelli Diederich, Cindy Marshik, Robyn Skwira, Becky Przybilla, and Carolyn Walcheski

AGENDA

Please review the current wellness plan listed below before the meeting. We will be spending the meeting using an assessment tool to evaluate our plan. The next meeting will focus on making changes to the wellness plan for the 2017-18 school year.

Components the Wellness Policy MN Law:

- Goals for nutrition education, physical activity and other school-based activities.
- Nutrition guidelines for all foods available on each school campus during the school day.
- Guidelines for reimbursable school meals that are no less restrictive than those issued for the National School Lunch Program.
- Implementation and evaluation plans of the local wellness policy.
- Community involvement.
- Nutrition promotion.

Website we will review:

- <https://schools.healthiergeneration.org>
- Email: dmm@holytrinitypierz.org
- Password: wellness1213

100 Policies and Systems

- Students have the opportunity to provide input to the implementation of wellness policy:
 - Five times a year a different fruit, vegetable, or food will be served at lunchtime. Students will complete a short survey on the item.
 - Students will reduce waste by 10% at lunch. The hot lunch staff will select a base line week, pick 10 days to weight, and reward the group for reducing waste by 10%.
- School tracks students' body mass index and reports to the wellness committee the results on an annual basis.
 - The nurse will measure body mass index once per year for second and fifth grade students. The nurse provides individual contact to parents, if child's body mass index is too high.

200 School Meals

- School Board in May will annually review and set lunch prices for the coming school year.
- Free and Reduced lunch applications are available on the school web site. Parents will be sent a letter in August encouraging them to apply for free and reduced lunches.
- School serve breakfast and lunch.
 - Lunch program will meet federal lunch program guidelines.
 - Breakfast program is not feasible because of the location of the cafeteria. Students will be offered the opportunity to have morning milk (white or chocolate) and a snack break. The school will provide refrigeration in each classroom for snacks and will send home a list of healthy snack

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- options for students.
- Milk at lunch will be low-fat, fat-free white milk or skim chocolate milk or nutritionally equivalent non-dairy alternatives.
- Students will have a minimum of 20 minutes sitting time for lunch.
- Annual training covering basic nutrition and healthy eating concepts is completed by 100% of food service staff who prepare and serve meals.
 - All food service staff will read the “Civil Rights Training” required by the National School Lunch program.
 - All food service staff will be trained in food handling / safety and sanitation when hired using the Holy Trinity School Nutrition Services Policy and Procedure Safety Plan. Food personnel are required to follow the Holy Trinity School Nutrition Services Policy and Procedure Safety Plan.
 - All food service staff will participate in two trainings per year on these topics: nutrition and healthy eating, reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh foods. Resources are available through Healthy School Program, National Food Service Management Institute, Morrison County Public Health.
 - Documentation of training will be kept in personnel file of employees.
- All grains offered at lunch are whole grains.

300 Competitive Foods and Beverages

- Snacks / treats brought from home to be shared with other students must be store bought.
- Vending machines will not be available at Holy Trinity School.

400 Health Education

- A comprehensive health education curriculum provides a minimum of 30 minutes per week or 1080 minutes per year of instructional time for grades K-2 AND a minimum of 40 minutes per week or 1440 minutes per year for grades 3-6.
 - 2015-16 a revised health curriculum was implemented.
- Teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity for minimum of two hours.
- Students will have a daily recess a minimum of 20 minutes. Students will participate in recess on non-PE days, unless in the office for behavior consequences.
- Classrooms will provide a physical activity break once in the morning and once in the afternoon.

500 Employee Wellness

- School will have a comprehensive employee wellness program.
 - A school employee wellness needs or interest assessment will be conducted yearly with staff.
 - Wellness committee will develop a plan based on staff interest.
 - Data collected could answer these questions:
 - What are employee health concerns?
 - What are employee health interests?
 - What are employees already doing?
 - What health risks do we want to target?
 - In what type of activities would staff be willing to participate?
 - What time of day best meets the needs of staff?
 - How ready are the employees to participate in a program?
- School insurance coverage provides obesity prevention and treatment services for staff.

600 Physical Education

- Implement a sequential physical education curriculum consistent with national standards for physical education with a focus on development of motor skills, movement forms and health related fitness.
- Students will receive physical education class twice a week taught by a certified physical education instructor. The students will be moderately to vigorously active at least 50% of the time.
- Withholding participation in physical education class as punishment, or the use of physical education

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class time to complete assignments from other classes is prohibited.

700 Student Wellness

- School actively supports and promotes walking or bicycling to and from school.
 - School will work with the Pierz School District to implement opportunities to walk or bike to school.
 - School provides Legion Safety Patrol training and students to act as patrol members for safe crossing of streets.

Next meeting date: April 2017