

St. Paul School

Wellness Committee Meeting

Notes from 6-15-17

Attendees:

Pat Bell

Dominick Mazza

Deke Hocker

1:00 – Meeting called to order.

- Reviewed current Diocesan Wellness Policy.
 - Discussed the role and expectations of the wellness committee of St. Paul School
 - Using wellness policy assessment tool our committee evaluated six categories of wellness within our school.
 - The categories with examples of our practices are outlined below
1. Public Involvement
 - a. We encourage the following to participate in the development, implementation and evaluation of our wellness policy
 - i. Administrators
 - ii. School food service staff
 - iii. School health professionals
 - iv. P.E and Health teachers
 - v. Parents
 - vi. Students
 - vii. Public
 2. Nutrition Education
 - a. Our school offers standards based nutrition education in a variety of subjects.
 - i. e.g. health, science, P.E.
 - b. We offer nutrition education for students in the elementary school and middle school
 3. Nutrition Promotion
 - a. We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
 - b. We place fruits and vegetables where they are easy to access (near the cashier or near the front of the lunch line)
 - c. We ensure students are provided proper hand washing/cleaning access prior to eating
 4. Nutrition Guidelines

- a. We follow all nutrition regulations for the National School Lunch Program (NSLP)
 - b. We operate an Afterschool Snack Program
 - c. We operate the Fresh Fruit and Vegetable Program
 - d. We have a certified Food Handler as our Food Service Manager
5. Physical Activity
- a. We provide Physical Education to all grades 2 to 3 times a week all school year.
 - b. We provide recess for all students on a daily basis
 - c. We offer before and after school physical activity
 - i. Competitive Sports
 - ii. Non-competitive sports
 - iii. Clubs
6. Other School Based Wellness Activities
- a. We have a school staff who are First-Aid/CPR certified
 - b. We have a recycling/environmental stewardship program
 - c. We have community partnerships which support programs, projects, events, or activities
 - i. e.g. walk-a-thon, field day
- After our evaluation our wellness committee has found our school to go above and beyond what is expected to encourage, promote, model and institute wellness in school community.

Any questions please contact Casey Kochany - ckochany@stpaulk-8.org