



Health and Wellness Assessment meeting notes
November 1, 2018 3:30 pm

The mission of Holy Spirit Catholic School is to serve God by providing a challenging academic education within the Catholic tradition.

Attendance: Mike Zuleger (LEA), Jon VanGrinsven (PE teacher), Kari Burns (teacher), Patti Athanas (teacher), Maddie Stumpf (teacher), Kay Woelfel (parent)
Not in attendance: Katie Jensen (parent), Kris Nollenberg (Food Service Coordinator)

Review Holy Spirit's Wellness policy from previous years

1. What are we currently doing?

Girls on the Run
Sports
Brain Break/movement breaks
Lunch menu include two veggies including salad bar
Go365 wellness program for those staff taking insurance
Parents play basketball on Sunday nights
Intramurals for MS students during winter
Jump Rope for Heart
Encouraging students to bring water bottles to school
Red Ribbon Week

2. What can we do?

Post health snack on website and not just give copy to 3K/4K parents
Promote Fooducate app for phones to promote healthy lifestyles
Possibly post a health recipe on newsletter
Movement Mondays/Fitness Fridays/Walking Wednesdays
Healthy cooking for MS explorer class
Show "Fed Up" video on sugar in our foods
Promote sole burner or other 5K events
Provide other healthier snacks at volleyball/basketball concessions (healthy popcorn, wheat thins, pretzels, etc.)
Offer health classes within curriculum and not just in PE class

<https://dpi.wi.gov/school-nutrition/wellness-policy>

Mike will share a Wellness folder with all our Wellness information in it.

Next meeting... TBD in November