

SJE Wellness Committee Meeting

Sept. 11, 2018 6:30pm

Flatrock Campus

Attending: Axel Gruen (principal), Kalynn Sorg (Head Cook), Emily Trumbower (school nurse), Sharon White (teacher), David Stellwagen (teacher), Robin Mart (parent), Christy Zelt (parent)

1. Welcome
2. Why Wellness Policy/Committee
3. What needs done:
 - a. Will need a secretary to take notes - [Axel taking notes and will publish](#)
 - b. Go through the wellness policy
 - c. Determine schedule of meetings (possibly beginning & end of year.)
 - i. Beginning to review/set goals for this year
 - ii. end of year to review goals and set goals for next year
 - e. Any revisions necessary from prior year goals- [made revisions as desired as we went through each section.](#)
 - f. We need to set four goals for next year(2 for each one):
 - i. Nutrition education
 - 1) [School Head Cook will continue lunch taste testing with a group of students](#)
 - 2) [SJE will continue in our K-3 building to have recess \(or PE\) before lunch to reduce food waste](#)
 - ii. Nutrition Promotion
 - 1) [Unity Walk Day, which is held on a Friday in the month of September each year, will continue to be promoted.](#)
 - 2) [After school physical activity programs \(sponsored by SJE or Heritage MS/HS\) will be shared, in addition to the organized school sports program.](#)
 - 3) [Classroom teachers will reduce/eliminate the use of loss of recess as a punishment.](#)
 - iii. Physical activity
 - 1) [All eligible staff will participate in the Vitality program offered by Concordia Health Plan Services.](#)

iv. Other school based activities (that promote student wellness)

- 1) St. John-Emmanuel Lutheran School will use the Healthy School Environment Rubric to develop a baseline level of wellness.
- 2) A measurable action plan will be developed and implemented.

g. How will we communicate what we've done/decided? Axel to take new goals an document and share with the SJE School Board and faculty and staff at next meeting. Updated Wellness Plan and the notes from this meeting will be posted on school website under the "wellness" section for parents to read.

h. How will we assess whether what we are doing is working? At the end of the 18-19 school year, SJE will use the Healthy School Environment Rubric to measure school wellness.

i. Parent questions: Robin Mart asked the following:

- 1) If the Flatrock kids can choose either a fruit or a vegetable, and don't take both, can they have a double portion of the one they do take so they are not eating less? Kalynn noted that was a good question and would check it out.
- 2) Can we have more fruit when it is in season instead of canned. Kalynn noted that doing so in most cases is more expensive and we need to watch our food costs but would nonetheless check it out.
- 3) Are their funds set aside for PE program?- Yes there are.
- 4) Do we ever ask for overflow from parents/congregation members? We do get some periodically but have not been intentional about asking.
- 5) Are we allowed to use donated food? Yes
- 6) Is Kalynn was open to trying new recipes for a larger variety of meal options.-Yes
- 7) If we had ever done a poll for different ideas for school lunches. Will consider this

j. Other comments: Kalynn noted that this year she is working to get away from processed food more. She is waiting for a software program that will help her do that more effectively.