

Wellness Council Meeting

May 6, 2021

3:00 p.m.

MEETING MINUTES

In attendance: Elizabeth Huber, Christine Kummer, Jannelle Garcia, Ashley Doty, Danielle Harder, Cristen Balk, Tom Weaver

1. Wellness Policy Assessment - (Completed prior to meeting)

- a. The Food Service Director completed the Well SAT 2.0 and found that the schools wellness policy had scored low in many areas.
- b. A newer Well SAT 3.0 was found and completed as well with scores still being low in many areas. Since this is the newer version, it will be used to see what areas need improved within our policy.

2. Wellness Policy Implementation -

- a. The Food Service Director and Preschool Director made changes to the policy to strengthen its comprehensiveness.
- b. The policy was also reviewed and compared to The Alliance for a Healthier Generation model wellness policy to ensure that it included all of the required elements. It was found that all required elements are present in the schools wellness policy.
- c. The committee looked at the current Wellness Policy and was shown where the changes had been made from the previous version to strengthen it.

3. Assessment Summary -

- a. It was found that the Wellness Policy, although does contain all the required elements, does have some areas that could use more detail in their explanation even after the revision from the previous version.
- b. It was agreed upon that when the Wellness Committee meets next for the Triennial Assessment in 2024, that the Wellness Policy would be looked over to see what more detailed information could be added.
- c. It was also discussed that the Well SAT 3.0 would be used again to assess the Wellness Policy and if there are any newer versions available that would be used instead.

4. Public Update

- a. This meetings minutes and copy of the Well SAT 3.0 Assessment will be posted on the St. Catherine Early Childhood Education Center's website at <http://www.stcatherienearlyed.org/wellness-policy.html>

The next Wellness Council Meeting will be scheduled in 2024.