



Your future StArts with us.

### Wellness Committee

The St. Athanasius School Wellness Committee met on Monday, September 12<sup>th</sup>, 2016 to review the wellness policy.

Members in attendance:

Physical Education and Health Teacher –Erica Foley  
Parents – Sue Koppmann and Adam Steenblock  
Student – Jacob Weber  
Nutrition – Anne McClain  
Administration – Jennifer Sornson

Each wellness program component was reviewed and discussed by the committee.

#### Component 1: A Commitment to Nutrition and Physical Activity

The committee feels that the physical activity offered to our students in grades K – 8 has a variety of exercises and learning of new skills that promote a healthy and physical lifestyle for elementary and middle school students.

#### Component 2: Quality School Meals

St. Athanasius provides breakfast and lunch on a daily basis when school is in session. We have a high percentage (98%) of students who eat school lunch daily. Our breakfast program is not as a high percentage, but serves about the same number of students on a daily basis. Our free and reduced lunch is 100% participation of those who qualify.

#### Component 3: Other Healthy Food Options

The committee feels that St. Athanasius School supports and complies with items listed in Component 3.

#### Component 4: Pleasant Eating Experience

The committee feels that St. Athanasius School supports and complies with items listed in Component 4.



Your future StArts with us.

**Component 5: Nutrition Education**

The committee is aware that these items are taught in context of all curriculums. Mrs. Foley teaches a health class to grades 5 – 8.

**Component 6: Marketing**

Again, the committee feels we do all the components, but need to emphasize the relationship to healthy eating.

These minutes will be submitted to members of the SIAC and St. Athanasius Catholic School Board.

Jennifer Sornson, Principal