

Redeemer Wellness Committee for School Year 2015/16 Meeting Minutes:

Meeting date: September 29th, 2015 3:30 pm

Committee members:

Linda Wiebold, School Administrator – in attendance

Stefanie Hofman, Parent – in attendance

Ethan Hofman, Student – in attendance

Paula Lindberg, Food Service Coordinator – in attendance

Mary Jo Jensen, School Board Member – not in attendance

The committee members present went line by line in the current Redeemer Wellness Policy revised 7/31/15.

Section I of the Redeemer Wellness Policy (RWP):

- A. Linda is checking on this item.
- B. We have a wonderful display in the lunch room giving the students practical information in a picture and easy to read format.
- C. Redeemer has daily recess for all students as well as healthy snacks for Extended School Care (ESC).
- D. Done daily.
- E. Linda is checking on how our curriculum addresses these issues.
- F. Lunch room display
- G. Training yearly with our Catering company and Food Service staff are Food Safe Certified.
- H. Our teachers are great role models with what they eat and being active.
- I. Healthy snacks and water bottles encouraged on a daily basis.
- J. Will begin a new section in the monthly newsletter, I Witness News, on a monthly basis. We currently do community outreach for groups such as IOCP(Interfaith Outreach and Community Partners), 363 Sandwiches and FMSC (Feed My Starving Children).

Section II

- A. Taher our Catering Company provides this service to Redeemer.
- B. We follow MDE and USDE guidelines for reimbursable meals.
- C. We only provide food provided by Taher.
- D. Vending machines are not available to students during school hours.
- E. Stefanie Hofman will present to all students during lunch in the lunch room an experiment on the amount of sugar consumed by the average American. This presentation will be on October 21st during the lunch serving time of 11:20 to 12:20.

Section III

Redeemer currently complies with A – D of this section.

Section IV

Redeemer currently complies with A – C of this section.

Physical Activity Goals section

- A. Compliant
- B. Compliant
- C. Students K-8 receive daily recess.
- D. Redeemer participates in the Presidential Physical Fitness testing for Grades 5-8.
- E. We will use the I Witness newsletter to communicate this item.
- F. Communicate via I Witness newsletter.
- G. Lutheran Education Conferences all teachers attend these conferences during MEA.
- H. Extended School Care has time for outside or gym each day.

Other School-Based Activities Designed to Promote Student Wellness

- A. In compliance
- B. In compliance
- C. In compliance, have healthy snacks and activity as classroom rewards.
- D. Any fundraising during school hours will strive to have healthy food items.
- E. Will incorporate into staff brunch at beginning of school year.
- F. In compliance
- G. Will encourage at staff meetings.
- H. Do not sell snacks.
- I. In compliance
- J. In compliance
- K. In compliance

Process for involving Redeemer Lutheran School Community

- A. In compliance
- B. Local wellness committee was formed at the beginning of 2015/16 school year. The members are Linda Wiebold, Staff Administrator, Stefanie Hofman, parent, Ethan Hofman, student, Mary Jo Jensen, parent and School Board Member, Paula Lindberg, parent and Food Service Coordinator.

- C. Paula Lindberg will at least twice yearly submit progress of the Wellness Committee as well as other articles, websites and other media that promote overall wellness.

Plan for measuring the implementation of the Wellness Policy

At the September 29th 2015 Wellness Committee Meeting the following are needs that were identified:

1. Stefanie Hofman to have a demonstration on how much sugar the average American consumes. This will be hands on visual with handouts to take home. Done in the lunch room during lunchtime.
2. Redeemer will strive to have healthy snacks and activities for classroom rewards.
3. Redeemer will have several outreach events to help communities near and far.
4. Have at least 2 articles in "I Witness News" centered around healthy habits and activity.
5. Publish in the "I Witness News" updates from the Wellness Committee twice yearly.

Next Wellness Committee meeting schedules for February 23rd, 2016 3:30pm