

School Advisory Council
April 2nd, 2019
Faith Formation Suite
6:30-8:00 PM
Minutes

Office Contact
651-429-7771

Location of Meeting: Faith Formation Suite

In Attendance: Barbara O'Brien, Patrick Gallivan, Ken Jensen, Elyse Sienko, Rebecca Conroy, Melissa Gacek, Father Talbot, Father Joe Bambenek, Heidi Hughes, Kelly Ennis, Sue Schmidtbauer, Erin DaRosa, Coralie Kroll,

Unable to Attend: Aubrey Bork, Dave Bendel

Activity	Actions
<ul style="list-style-type: none"> ● Opening Prayer – 	
<ul style="list-style-type: none"> ● Approval of minutes from previous meeting January, and February 2019 <ul style="list-style-type: none"> - Approved Motion: Rebecca Conroy, Second: Kelly Ennis 	5 min
<ul style="list-style-type: none"> ● SAC Business: Open Forum- none <ul style="list-style-type: none"> - Streamline logins for website: tech <ul style="list-style-type: none"> i. Mr. Gallivan will look into other ideas and come back with a formal response - Multicultural night - 	Discussion 5 min
<ul style="list-style-type: none"> ● Board of Directors' Updates –New members 	
<ul style="list-style-type: none"> ● SAC Standing Committees –Updates, Next Steps <ul style="list-style-type: none"> ● Pastors – Administrative ● Principal – Administrative <ul style="list-style-type: none"> - Names of individuals approved by archdiocese: Kelly McGauley, Brian Bonin, Paul Petronack, Dave Bendel <ul style="list-style-type: none"> ▪ Will meet monthly: Next meeting April 30th - Enrollment update: Pre School 3yr olds (Barry): 8 PreK/4yr old (Follmer): 20 K: 18 (3 new) Grade 1: 21 Grade 2: 32 Grade 3: 22 Grade 4: 27 Grade 5: 23 Grade 6: 20 Grade 7: 15 Grade 8: 21 <ul style="list-style-type: none"> ▪ Marketing/Retention update: *Kate Fransen-Hansen is creating mailer to be sent out May 2019 * 	Discussion Information Sharing 15 min 15 Discussion 30 min

<ul style="list-style-type: none"> ▪ Marketing of new SAC members: <ul style="list-style-type: none"> *August Welcoming meeting: creating a welcome packet • Grade 8 School Garden <ul style="list-style-type: none"> ▪ Use existing gardens to tie into curriculum, ▪ 3 Sisters Garden (2 Gardens will be)- Patty Cizubar in process: with squash plants, flowers, for younger grades ▪ 1 Garden is garlic- ▪ Will connect with families over the summer <p>SAC Sub-Committees:</p> <ul style="list-style-type: none"> - Fundraising- <ul style="list-style-type: none"> ▪ Gala update: <ul style="list-style-type: none"> ▪ Fund a need Update: to be communicated ▪ \$23,000 - in Sponsors ▪ \$16,000- Kickstarters who have funded the Fund a Need ▪ Invoices went out to families regarding fundraising status - Development Committee: <ul style="list-style-type: none"> - Prospective committee is creating a presentation for the Board of Directors for the meeting on the 30th of April - Finance: <ul style="list-style-type: none"> - Evaluating tuition policy and collection including families who do not meet fundraising commitment - Wellness Committee: <ul style="list-style-type: none"> - Motion to approve Uniform Policy: Approved: Heidi Hughes, Second: Ken Jensen - Motion to approve Wellness policy -Approved: Heidi Hughes, Second : Barbara O'Brien - Annual Report: Fall - Dates that uniform policy will be reviewed will be 2019-2020, 2025-2026, 2030-2031 - Co-Curricular: <ul style="list-style-type: none"> ▪ Mother/Son event: April 5th ▪ ACTION NEEDED; 	<p>10</p>
<ul style="list-style-type: none"> • Motion to Adjourn Meeting: First Motion: Rebecca Conroy; Second: Melissa Gacek • Closing Prayer – Mr. Gallivan 	<p>Discussion 5 min Next Meeting:May 7th 2019 6:30-8:00</p>



Frassati Catholic Academy School Wellness Policy *Nutrition and Physical Education*

Introduction

We believe that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive and accomplish our Mission: *educating students in a nurturing and encouraging environment grounded in the Catholic Tradition, inspiring a love of learning, and empowering students to grow in faith while sharing their gifts for the common good.*

We believe that good health fosters student attendance and education.

Therefore, Frassati Catholic Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity as well as social and emotional well-being. Frassati Catholic Academy is also committed to fostering opportunities for staff wellness throughout the school year.

It is the policy of Frassati Catholic Academy that:

The school will engage students, parent representatives, School Advisory Council, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing the Wellness Policy. All students preK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold and served in our cafeteria will meet the nutrition recommendations of the United States Dietary Guidelines for Americans.

Food Service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning and will provide clean, safe and pleasant settings and adequate time for students to eat.

The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. The school will establish connections between health education and school meal programs with related services and will also foster health and wellness educational opportunities for staff enrichment.

TO ACHIEVE THESE POLICY GOALS:

I. Nutritional Quality of Foods and Beverages Sold and Served

School Meals

Meals served through Food and Nutrition Services will:

- Be overseen by the school district Registered Dietitian;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk.

Free and Reduced-priced meals

Frassati Catholic Academy will make every effort to eliminate any social stigma attached to and prevent the identification of students who are eligible for free and reduced-price school meals. Toward this end, the school ensures that this information is kept confidential. Administration promotes the availability of school meals to all students.

Meal times and scheduling:

Frassati Catholic Academy will:

- Provide students with an appropriate amount of time.
- Schedule meal periods at appropriate times.

- Not schedule tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before meals or snacks.

Qualifications of School Food Service Staff:

Frassati Catholic Academy requires the ServSafe safety training and certificate program for their food services professionals. ServSafe is a food and beverage safety training and certificate program administered by the National Restaurant Association. (<https://www.servsafe.com/>)

Administration and Food service professionals will administer the school meal programs. Frassati Catholic Academy will provide continuing professional development for all food service professionals in the school. Programs will include appropriate certificate and/or training programs for food service professional.

Sharing of Food and Beverages:

Frassati Catholic Academy will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions in some children's diets.

Snacks:

Snacks served during the school day or Extended Care will be healthy, guideline approved. The snacks will make a positive contribution to children's diets and health, with an emphasis on serving a wide variety of snacks and water or milk as the primary beverages. We will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Homeroom teachers will receive lists of snacks authorized by the district nurse when it pertains to students with food allergies. Snacks will be available in the office in the event that a child is without a snack.

Celebrations

Frassati Catholic Academy will limit celebrations that involve food before lunch.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Frassati Catholic Academy aims to teach, encourage and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits and food gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching TV and playing video games. Opportunities for physical activity will be incorporated into other subject lessons, and classroom teachers will provide short physical breaks between lessons or classes as appropriate.

III. Physical Activity Opportunities and Physical Education

Physical Education PreK-8

All students in Grades preK – 5, including students with special health-care needs, will receive physical education (or its equivalent of 80 minutes per week) for the entire school year. Students in Grades 6-8 will receive physical education (or its equivalent of 100 minutes per week). Student involvement in other activities involving physical activities (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement

Students will spend at least 75% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All PreK-8 School Students will have at least 20 minutes a day supervised recess, preferably outdoors, during which teachers and/or volunteers should encourage physical activity through the provision of space and equipment. Frassati Catholic Academy discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary

for students to remain indoors for long periods of time, teachers should give students periodic breaks. Students should be encouraged to stand, stretch and be moderately active in these circumstances.

Athletics

Frassati Catholic Academy Athletic Department participates in Catholic Athletic Association (CAA). Fifth graders and Middle School Students have the opportunity to participate in three different sports seasons. Fall sports include soccer and volleyball. Basketball, hockey, swim and ski club are available in the winter and baseball, softball and golf tournament in the spring. PreK-Primary grade students have a variety of opportunities outside of the CAA, such as soccer club, base camp, and swimming- See addendum.

Safe Routes to School

The school has established a policy for students to safely store their bicycles on campus. When appropriate, the school will work together with local public works, public safety and/or police departments to ensure safe routes to school.

IV. Monitoring and Policy Review

Monitoring

The Principal or designated individual will ensure adherence with the Frassati Catholic Academy's wellness policy.

Food Service Professionals at Frassati Catholic Academy will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI), review findings and will communicate any changes to the broader community.

The principal or designate individual will develop a summary report every three years on compliance with established nutrition and physical wellness policies based on input from the school. The report will be provided to the School Advisory Board.

Policy Review

Assessments will be repeated every three years to review policy compliance, assess progress, and determine areas that need improvement. As part of that review, the school will review current nutrition and physical activity policies. The school will revise the wellness policies and develop work plans to facilitate their implementation.

V. Continuing Family Wellness Education

Community Outreach

FCA will strive to provide wellness workshops/seminars/discussions by qualified professionals that apply to students, families and faculty

FCA will gather data, through periodic surveys, on needs and expectations of the wellness policy.

VI. Addendum

Frassati Catholic Academy Wellness Initiative Examples

- Mantiou Days Parade
- Frassati 5K
- YMCA 2nd/3rd grade Swim
- BaseCamp- 4th- 5th grade
- School Garder
- Open Gym time
- Preschool Soccer Program
- Art Club
- Adaptive desk/ chairs to accommodate movement and different learning needs
- Wolfridge
- Starbase
- JR Biztown
- Mass Buddies
- Reading Buddues
- STREAM Fair
- Lego Leagure
- Recycling Efforts
- EMPOWER Leadership Academy
- Jump rope for Hearts
- Nature Walks
- Preschool Monthly Cooking days
- Adoration

