

*St. Mary's Catholic School*

Wellness Council Meeting

Thursday, August 17, 2023

11:00 a.m. – 12:00 noon

Agenda:

1. Review the current Wellness Policy
2. Complete Assessment
3. Review our 2022-2023 goals.
4. Set new goals for 2023-2024 school year.
5. Review our Healthy snacks suggestions form.
6. Q & A

Meeting Notes:

1. No changes were made to the Wellness policy.
2. We completed the Wellness Policy Progress Report as a group.
3. Review and discuss the outcome of the goals set out from last school year.
4. Agreed that our 23-24 goals should remain the same as last year.
5. Reviewed the healthy snack suggestions and added some new snack suggestions. We will be sending the suggestions home to the families in Friday Folders.
6. No Q&A
7. Meeting closed at 11:50 a.m.

