

St. Mary's Catholic School

Wellness Council Meeting

Thursday, September 10, 2026

3:15 p.m. – 3:45 p.m.

Agenda:

1. Review the current Wellness Policy.
 - a. Does anyone would like to make any changes?
2. Complete Assessment
3. Review of our 2025-2026 goals. Did we meet them?
4. Set new goals for 2026-2027 school year.
5. Family & Fitness Night –
 - a. Setting a date – Monday, February 1, 2027
 - b. Planning
 - i. Steps that need to be taken / assigning duties
 - c. Table Sponsors
6. Science/Wellness in the classroom
7. Next Meeting Date: November 12th, 2026 at 3:20 p.m.
8. Q & A

Meeting Notes: * Please see attached minutes

Present: Beth Thompson, Danielle Glowacki, Jeff Wordeman, Heather Smith, and Kathleen Higgins

Student Representative: none

Parent Representative: Chelsea Applegate

Wellness Committee Meeting

Thursday September 10th, 2026 @ 3:20 in Conference Room

In attendance: Heather Smith, Jeff Wordeman, Kathleen Higgins, Danielle Glowacki, Beth Thompson and Chelsea Applegate attended as the parent representative

Meeting began at 3:23

Reviewing the current Wellness policy & does anyone have any changes to make: At this time, we seem to be following the wellness policy. Something to note, make sure that teachers are not taking away recess in situations of poor behavior, make the student walk laps instead, they need to be getting the exercise. Heather recommended that in situations where the student is really naughty, we have them sit out for 5 minutes of recess, this would apply to PK only. They would still go to recess, but they need to sit out for 5 minutes.

Complete Progress Report / Wellness Policy Assessment: We are on track with the guidelines of the policy and reaching our goals.

Review our 2026-2027 Wellness Goals: With an increase in students our yearly goal is to increase lunch participation to 100-130 students daily. We will also continue to educate students within the classroom.

Family Fitness Night, setting a date, planning, table sponsors: There was great discussion about Family Fitness Night, lots of great brainstorming. Below is a list of suggestions made:

Family Fitness Night will be Monday, February 1st.

We will advertise it on our Facebook page, radio, Traders, through our parents, billboards, movie theater, Gold's Gym and a press release. Possibly have a vinyl sign for the front of the building.

We will plan to send table vendors a "save the date" card in October with a reminder around Thanksgiving and final notice in January.

Chelsea suggested that we order the cross bracelet that she had on, I believe she will check on the cost of those.

It was suggested that we reach out to Channel 5 News for coverage of the event.

We discussed having a food truck, the Florista was mentioned multiple times.

Make sure to have name tags for vendors and check to see if we still have the large saints for people to get their picture taken with.

For thank you bags; have students decorate them, possibly in art class, that would probably be a 3rd-6th grade project. Maybe the littles can fill the bags.

Heather suggested that we have "wings", so in each CLS, there will be a "wing", such as medical, science, American Heart, religion, nutrition, sports zone, American heritage, robotics and general information. These are just a few ideas.

People to invite to the event:

Farm to School/Table	Exotic Animal (Andrea)	Mark Heuer-weather
Black Dog Rescue	Crystal Tafoya ??	New sub-Brandon-weather

Massey-Skin Clinic	Dr. Beer	Movie Theater Folks (Rob)
Bryan Pieper	Dr. Smits	Girls on the Run Rep
Pickleball folks	LCCC Stem	Knights of Columbus
Chiropractor-Madler	Dr. Rinker	Leasann Paglia
Amy Shick-skeleton	Audubon Society-Shelly	Natalie Howard or Sam Pieper
Gigi Arros-Ju jitsu	Father Lee-Bugs	Scientist-need one
Geologist-Rock On	High West Energy	Matt Nolan or Cory Morgan-LCCC Welding
State Museum	Ms. Frontier & Lady in Waiting	Indian Dancers-Archeleta

Get suggestions from staff asap

Next meeting will be Thursday, November 12th at 3:20 p.m.

Meeting adjourned at 4:30 p.m.