

Trinity Lutheran Church School Wellness Committee Meeting
2 February 2026

- Present:
 - Joel Kilgus - Administrator;
 - Jason Specht - PE Teacher, AD;
 - Michelle Warner - Operations Manager;
 - Megan Stansbury - second grade teacher, parent;
 - Kim Mester - middle school teacher
- Absent:
 - Katie DeBarr - SMT member, parent;
 - Dawn Hayes - Hot Lunch Coordinator;
 - Matthew Schilling - pastor

- How are documents available to the public?
 - It is on the website
 - Publicize the wellness plan and its location
 - Ask for parent volunteers (1-2)
- Most recent policy
 - Paragraph 1 - explains the policy
 - Paragraphs 2-3 - explain purpose of committee and publicity of
- Goal #1 Nutrition Education and Promotion
 - Integrated into health classes or other academic subjects
 - Discussed as teachable moments with middle school
 - Nutrition is part of sixth grade science
 - Promote fruit...prep methods
 - Promoted in lunch program, but not otherwise
 - Apply it in snack and birthday treat policy?
 - Emphasize caloric balance between food intake and physical activity
 - Part of PE?
 - Part of Health?
 - Put health into PE?

Evaluating Bullets 2-3 to incorporate more into curricular day

- Goal #2 Physical Activity
 - Recess - provide at least 15-20 minutes of daily recess
 - We do that
 - Activity Guidelines
 - K-5 at least 30 min activity daily
 - Currently up to 400 min weekly
 - 6-8 at least 120 minutes activity weekly
 - 15 min break (x5) (60 min)
 - 45 min PE (x3) (135 min)
 - Discipline
 - Instead of sitting out, students who “lose” recess walk the perimeter

Goal is to work schedules to assure students meet activity guidelines.

- Goal #3 Other school-based activities
 - Screen time
 - Kinesthetic learning
 - School-sponsored events
 - Fun run
 - Field day
 - Fun night
 - Kids Heart Challenge
 - Outdoor Education Trips (6-8)
 - Ensure all school-sponsored events promote healthy food options and are physically feasible
 - Concessions?
 - Prizes?
- Goal 4: all foods on campus
 - School meals
 - All areas met
 - Snacks and Celebrations
 - Will create such a list to give to parents
 - Will enforce with teachers
 - Fundraising - good
 - Food Safety - fine
 - PD
 - Staff wellness training annually
 - We found one but state would not cover it because in Illinois
 - Teachers sign off on civil rights with nutrition training
 - We will provide additional training if needed
- Plan for Measuring Implementation
 - Monitoring
 - Admin - check
 - Food service director - check
 - Major updates in fed/state guidelines to SMT - check
 - Triennial assessment
 - This is the first year of implementation