Saunders Catholic Schools

Triennial assessment results 2026

Meet our team

- Fr. Steven Mills, Carmen Sullivan, Carolyn Haberman, Tasha Rubendall, Jennifer Benes, Casi Schmidt, Liz Berry, Jennifer Dunavan, Katie Sladky, and Lori Alm.
- (see policy for further description)

Policy compliance results

https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsaunderscatholic.com%2Fwp-content%2Fuploads%2F2026%2F06%2FSCS-Step-1-Model-Wellness-Policy-Comparison-Results.pdf&data=05%7C02%7CCarmen-Sullivan%40cdolinc.net%7Cf9794e65531f4af2078608ded6ae93b9%7Cc05f8ba72daa4019b0cc5849c9959fdc%7C0%7C0%7C639184242445980014%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=OUMC3cBisIlqVgrG3Odey32UoD44O4a60ATVBVIsE3o%3D&reserved=0

Wellness policy goals

1. Nutrition education/promotion
2. Physical activity
3. Other goals for student well-being

https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsaunderscatholic.com%2Fwp-content%2Fuploads%2F2026%2F06%2FSCS-Step-2-Progress-Toward-LWP-Goals_Compliance-with-LWP.pdf&data=05%7C02%7CCarmen-Sullivan%40cdolinc.net%7Cf9794e65531f4af2078608ded6ae93b9%7Cc05f8ba72daa4019b0cc5849c9959fdc%7C0%7C0%7C639184242446007278%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=L7WPwfMjqZsoHjmXci1%2F7HTZEwJBuv9P3ZIUYAw6KqM%3D&reserved=0

Key achievements

1. More awareness from kids, parents and faculty about the wellness of their food being served daily.
2. Importance of exercise in their day-to-day routine.
3. Emphasis on student emotional wellness through our “Daily Positive” flyer in the bathroom stalls throughout the year.
4. In the past few years we have seen this policy put into action. It has impacted parents, students, and facility. Our Local Wellness committee will continue to work effortlessly to build a stronger policy to communicate our progress and your need for input

Next Steps

We will continue to meet quarterly to continue our efforts to help awareness of wellness and health to grow at Saunders Catholic Schools.

Ideas for 2026-2027 growth:

We plan on continued growth of our raised garden project and bring more awareness of the goodness of foods that the students/faculty are offered by implementing a Farm to School program, purchasing another Tower Garden for the Foods classes, and table top growers for the elementary schools.

We will continue efforts with our “Toilet Talk” in the bathroom stalls displaying content from the Daily Positive website and expanding into the elementary schools in some fashion.

We will continue our efforts to stress the importance of hydration and filtered water.

We will continue building on the ideas and innovations involved with offering more scratch cooking for optimal nutrition for students and staff.