

Wellness Committee Meeting Minutes

February 7th, 2024 | 3:30 PM

Location: Virtual via Zoom

Overview:

During this meeting, school wellness committee members met for the first time with their School Wellness Coach. WPS is taking part in a wellness coaching collaborative this year to revise and strengthen our current policy. After introductions, the Coach reviewed the key components of LSWP regulations and compliance.

The Coach then facilitated a WellSAT 3.0 assessment of the current local school wellness policy for the district to use as a guide for updating the policy throughout the school year. Main objectives of this meeting were to discuss Local School Wellness Policy regulation and complete the WellSAT3.0 assessment of local school wellness policy.

The Webster School District WellSAT results are available to anyone who would like a copy upon request. Please email the Food Service Director if you'd like to receive a copy, or if you have any questions regarding our school wellness. We are doing well with practices in place, however policy language needs to be updated to reflect the good work that is being done. Next steps include revisions to the policy using findings and committee input.

More information on school wellness policies and committee guidelines can be found on the SWITCH website: <https://massschoolwellness.org/about/>

Agenda:

Time	Activity
10 minutes	Welcome Introductions Current standing highlight
10 minutes	Local School Wellness Policy Overview of Regulations Highlight relevant LSWP regulations
50-60 minutes	Wellness Policy Assessment WellSAT:3.0
10-20 minutes	Meeting Wrap Up Assessment reflection Next steps