

Wellness Committee Meeting Minutes

March 20th, 2024 | 3:30 PM

Location: Virtual via Zoom

Overview:

During this zoom virtual meeting, school wellness committee members met with their School Wellness Coach to review the progress made with updating the local wellness policy. A first draft revision of the Wellness Policy was presented, read through, and reviewed.

The Committee shared what updates had been made to the policy, and the sections of the policy to further work on with the coach. Updates and changes made to the draft were discussed, and the language and format were reviewed then strengthen where needed.

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

Agenda:

Time	Activity
5 minutes	Welcome Introductions and start of meeting
15 minutes	Local School Wellness Policy Updates Wellness Committee to share with coach progress made on updating the local wellness policy
60 minutes	Wellness Policy Updates with Coach Wellness Committee and Coach work together to update pre-identified section(s) of local wellness policy
10-20 minutes	Meeting Wrap Up Review Next Steps for Policy Updates Review TA Menu