WELLNESS COMMITTEE

GROVE CITY AREA SCHOOL DISTRICT

AGENDA

Wellness Committee Meeting
March 23, 2022
Time: 3:15 -4:15 pm
Location: High School Cafeteria

- Introductions & Welcome new members & Sign In
- Who Represents our Wellness Team?
- Record Keeping/ Monitoring
- Share what your school is doing to promote Wellness
- Review of Triennial District Wellness Assessment due June 30, 2022
- Make any changes to the Assessment
- Goal Setting for all focus Areas of Wellness:
    - Nutrition Education
    - Nutrition Promotion
    - Physical Activity
    - Physical Education
    - Other School Based Activities to Promote Wellness

- Ideas/suggestions to improve Wellness at GCASD
- GCASD School Food & Nutrition Services Update

Next Meeting: TBD

Thank you for your valuable time & energy involved to improve our school wellness program.