

# Wellness Committee Meeting Minutes

November 22<sup>nd</sup>, 2024 | 8 AM

Location: Virtual via Zoom

## Overview:

During the virtual meeting, WPS Wellness Committee Members reviewed the details and the why of School Wellness Policies and our role as Committee Members. Members reviewed USDA definitions and requirements. Next, the Committee highlighted new addition items in the current Wellness Policy.

The current policy was reviewed at a glance and opened up for questions or comments. The Committee then discussed making the policy a working document that will benefit our school and all community members. Goal brainstorming took place and evaluation is set to begin moving forward.

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	<b>Welcome</b> State agenda and start of meeting
20 minutes	<b>Local School Wellness Policy: Defining and Requirements</b> Review definition of Wellness Policy and our role, review Federal and State Guidelines
30 minutes	<b>WPS Policy: Review Updates and Changes</b> Wellness Committee will read the introduction mission statement and go over the major changes and additions to the new Wellness Policy. Specific focus on a discussion for the topic of food outside of food services during school day.
10-20 minutes	<b>Meeting Wrap Up</b> Discuss monitoring and working toward our policy in action. Begin to talk about goals and needs for the policy moving forward, and how it can best support our school community.