

Wellness Committee Meeting Minutes

March 20th, 2024 | 3:30 PM

Location: Virtual via Zoom

Overview:

During this zoom virtual meeting, WPS Wellness Committee Members discussed strategies and approaches to raising awareness of our District's School Wellness Policy and the existing Committee. Members discussed ways to inform the school community and town community as well as how to gain Administrative support.

Methods of promotion discussed included social media, newsletters, local publications, and flyers. The Committee will be planning wellness days and/or wellness events, one for each of the three schools before the school year ends. Farm to School efforts will be linked in the Wellness promotion.

The committee discussed a goal to focus on engagement with increasing interest and involvement for the remainder of the year. At the start of next year, the major goal and plan is to assess the action and use of our District Wellness Policy procedures.

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