Wellness Committee Meeting Minutes

March 20th, 2025 | 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	**Welcome** State agenda and start of meeting
20 minutes	**Increasing Awareness & Committee Participation** Strategize ways to raise awareness of the Wellness Committee and awareness of our District's Wellness Policy. Who are key players we need involved in WPS Wellness initiatives and key plans needed?
20 minutes	**Community Engagement** Plan for at least 1 engagement event at each of our 3 schools before the end of SY 24-25. Discuss what that looks like at each school's level. Educating on/getting buy in from teachers in the District. Involvement with Administration at the school levels & family lesions. Consider for next year: Wellness Week to promote
10-25 minutes	**Meeting Wrap Up** Review brainstormed ideas, then set responsibilities and plan based on discussion.