

Wellness Committee Meeting Minutes

June 3rd, 2025 | 8:00 AM

Location: Virtual via Zoom

Overview:

During this zoom virtual meeting, the WPS Wellness Committee reviewed definitions of school wellness and policies from the state level as well as benefits of wellness initiatives. Committee members reviewed their roles as members and the importance behind the why of a policy and its procedures. Members reviewed the definitions of and parameters of “Wellness”.

The Committee then discusses successes of this year in regards to the written policy and the action moves behind it. Then the Committee was presented with discussion questions to spark a conversation about the next steps and goal planning for next school year. The Committee concluded with setting action plans and a collaborative brainstorm as we go into next year.

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 Start of meeting address
15 minutes	The Wellness Committee and Policy Role Wellness Committee review of the importance of our role and impacts.
15 minutes	Why Wellness in Schools Wellness Committee reviews the importance, definitions, and objectives of the WPS Wellness Policy and Wellness as an umbrella term.
20-25 minutes	Successes & Next Steps Setting SMART Goals Reviews successes of this year, any challenges, perceived future needs and challenges, and setting goals for next school year. Opportunity for group discussion and Q&A. Planning for goals and start of school year 25-26.