

**Wellness Committee Meeting Minutes**  
**Coordinated School Health Advisory Council (CSHAC)**  
**District Office Media Center (Hybrid meeting)**  
**April 22, 2025 5:30pm**

	<b>Committee Members</b>	<b>Members Present</b>
1	Chief Financial Officer-Wellness Contact	Yes
2	Chief Instructional Services Officer	Yes
3	Coordinator of Physical Education and Health	Yes
4	Register Dietician	Yes
5	Nurse	No
6	Community Partner-Beaufort Memorial Hospital (BMH)	Yes
7	Community Partner-Health Program Manager (BMH)	Yes
8	MUSC Boeing Center for Children’s Wellness-Progr Coord	Yes
9	MUSC BC-Local Wellness Policy Project Coordinator	Yes
10	High School Student	Yes
11	High School Student	Yes
12	Board Member	Yes
13	Parent (PT and DPT)	Yes
14	Parent/Teacher	No
15	Parent	No
16	Middle School Principal	Yes
17	Food Service Operations Manager	Yes
18	Director of Internal Controls	Yes

Introductions were made by presenters and members. An overview of roles of District staff was provided along with the purpose of the CSHAC.

Presenters provided a presentation on the following topics:

- Local Wellness Policy Changes
- Smart Snacks
- Healthy Fundraisers and Celebrations
- Website Resources
- Previous Goals 2024-25

Representatives of MUSC Boeing presented information on their partnership with the Beaufort County School District. They discussed the MUSC Wellness Program including its awards program which provides monetary awards for schools that participate in wellness activities. Their presentation included information on how schools can increase their participation with unique ideas such as shade structures, mental health programs, outdoor classrooms, gardens, etc.

Members discussed some of the wellness activities currently taking place in BCSD schools.

Discussion of new goals for 2025-26 was held in the areas of Nutrition Education and Promotion as well as Physical Activity.

Multiple suggestions were made by members of the committee.

Six goals emerged from the discussion:

## **Wellness Goals for 2025-2026 School Year**

### **Nutrition Education & Promotion:**

1. Increase the number of eligible schools participating in the USDA Fresh Fruits and Vegetables (FFV) program from 2 to 6.
2. By May 2026, implement the Farm-to-Table Nutrition Education Program in at least 10 classrooms across the district.
3. September 30, 2026, launch a monthly Wellness newsletter to be posted on the website and distributed to parents.

### **Physical Activity**

4. Increase number of schools participating in the Spring 2026 District Dash 5K from 22 to 26.
5. By April 1, 2025, all elementary schools will remain in compliance with the 90 minute physical education and 60 minute physical activity requirement

### **Other School-Based Wellness Activity**

6. Every BCSD school shall designate a Wellness Champion for the 2025-2026 School Year.
7. By April 1, 2026, the number of BCSD schools participating in the MUSC wellness program shall increase from 25 schools (2024-25 SY) to 28 schools.

The meeting concluded at 7:00pm with thanks to the members and guests, along with the acknowledgement of the importance of health and wellness in our community. Smart snack samples were also provided.