

Wellness Committee Meeting Minutes

October 2nd, 2025 | 8:45 AM

Location: Virtual via Zoom

Overview:

During this zoom virtual meeting, the WPS Wellness Committee reviewed our role, responsibilities, and purpose as Committee members. The Committee went over school wellness and policies specific to Webster Public School District.

The Committee engaged in conversation and planning with goals and ideas for the current school year. The Committee planned to organize for events in school and after hours, and to increase participation in WPS Wellness practices across the district. A team highlight to inspire and connect was shown on the topic of Farm to School.

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	Review Defining School Wellness & Wellness Committee Role Review of roles, procedures, WPS written Wellness Policy, and wellness specific to our school district and our school population.
15 minutes	Goals & Visions for the School Year Specific input from Committee members and ideas for this school year. Defining what overall WPS looks like in our district and what we want to work towards. Discussion on how to increase awareness, efforts, student/family engagement, and action.
20-25 minutes	Highlight: School Gardens & Farm to School Showcasing a specific working example of Wellness in WPS.