

11/20/2025
SWAC Meeting Minutes
3:45PM - 4:45PM

Attendance: J. Geist, K. MacRae, C. Cushman, A. Arki, C. Stephenson (Coach from John-Stalker), C. Johannessen, R. Esip

1. Reviewed results of last meeting's assessment utilizing the Alliance for a Healthier Generation tool.
2. Action Planning
 - a. Foods and bev provided for school and classroom and staff
 - i. Put on next Principal agenda to see where we are:
 1. All foods and beverages provided, but not sold to students, during the school day at all schools including rewards, incentives, or at classroom parties or school wide celebrations, meet or exceed the nutrition standards outlined in the policy.
 - b. Physical activity opportunities for staff
 - i. Staff Survey gauging interest in various Wellness opportunities
 - ii. Run/walk club/ yoga to all staff
 - iii. Quarterly blurb about wellness options (old EAP network) Jordan and Rebecca Dec 19th.
 - c. Increase Enrollment to include a parent, student, community agency.
 - i. Agenda Item at SC monthly inviting public and parents: Jordan
 - ii. Nominating High School Student: A. Arki
 - iii. School newsletter blurb for outreach.: Jordan
 - iv. Share wellness committee work with the school committee: K. MacRae
 - d. Next Meeting: Jan 29 @3:45
 - i. Agenda: Update on the process and communication plan, plan for next year.