

Wellness Committee Meeting Minutes

January 28th, 2026 | 8:00 AM

Location: Virtual via Zoom

Overview:

During this zoom virtual meeting, the WPS Wellness Committee focused on specific components of our written policy (see chart activities below).

The Committee engaged in conversation on the importance of having and following allergy procedures related to food in schools. The conversation also included wellness-based clubs, wellness events to plan, and ideas for promoting and modeling wellness among staff. The meeting concluded with follow up resources on the bullet points from topics and an open discussion form.

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
20 minutes	Deep Dive into Policy Topics -Allergies & Intolerances -National School Breakfast & Lunch standards -Lunch time procedures
20 minutes	Staff Wellness & Modeling Adult Wellness in the schools & outreach to adult members of school community
15-20 minutes	Resources, Q & A, Ideas Brainstorming session for anything related to the policy initiatives and implementation, time for questions or new ideas.

Resources:

Link to policy on WPS Website:

https://resources.finalsite.net/images/v1724342596/websterschoolsorg/vhwdlmzsre fbe6nj9fga/WPSDistrictWellnessPolicy_Updated2024.pdf

1. USDA Allergy & Intolerance information
<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-allergies-big-9>
2. National School Lunch Program
<https://www.fns.usda.gov/nslp>
3. School Breakfast Program
<https://www.fns.usda.gov/sbp/school-breakfast-program-sbp>
4. Dietary Guidelines for Americans
<https://www.dietaryguidelines.gov/>
5. Section 223 MA Law, Wellness and Food sales in Schools
<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter111/section223>
6. Smart Snacks in schools
<https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>
7. MA Physical Activity
<https://www.mass.gov/doc/physical-activity-0/download>