



# SCHOOL WELLNESS ADVISORY COUNCIL

## Meeting Agenda January 21, 2020, 3:00 p.m., Wilmington High School Library

**Goal 1: Engage School Wellness Champions**  
**Goal 2: Engage Staff & Parents/Guardians in School Wellness Activities**  
**Goal 3: Evaluate School Wellness Policy**

**Attendees: SWAC members**  
**Facilitator: Doreen Crowe, Laura Stinson, Mary Palen**  
**Note taker: Doreen Crowe**  
**Time keeper: TBD**

### Meeting objectives:

- To review results of school wellness survey for parents/guardians
- To complete final review of school wellness survey for students
- To continue creating school wellness newsletter/calendar
- To re-establish staff wellness challenge

### To prepare for this meeting, please:

- Arrive on time, relaxed, rejuvenated & smiling 📅

### Schedule [60 minutes]

| Time        | Minutes | Activity  |
|-------------|---------|---|
| 3:00 – 3:20 | 20      | <b>Review Results of School Wellness Survey for Parents/Guardians - Doreen</b>  |
| 3:20 - 3:40 | 20      | <b>Complete Final Review of School Wellness Survey for Students - Laura</b>   |
| 3:40 - 3:50 | 10      | <b>WPS School Wellness February/March Newsletter – Mary</b> <ul style="list-style-type: none"> <li>● Student Spotlight (?), Staff Spotlight (?), Dental Health, Heart Health</li> </ul> |
| 3:50-4:00   | 10      | <b>Staff Walking Challenge - Laura &amp; Doreen</b>   |
|             |         | <u>Future Meeting Dates:</u> <b>TUESDAYS</b><br><i>March 24, 2020, May 19, 2020</i>   |

*It is the mission of the Wilmington Public School Wellness Advisory Council to educate, promote and support health and wellness to enhance life-long healthy behaviors.*