

Wellness Committee - Spring 2026

Wednesday, May 13th, 3:30-4:00pm - Business Office

~ [Review Wellness Policy](#)

- Discuss feedback provided by K. Legg, E. Matis, K. Rossi, B. Soden, P. Supko, and A. Venesky
- Plan review needs for triennial assessment due in 2027 for all sections of the current Wellness Policy
 - Purpose/Authority/Delegation of Responsibility (1) - administration to review further
 - Guidelines
 - Recordkeeping (2) - met and ongoing
 - Wellness Committee (3) - met and ongoing
 - Advisory Health Council (4) - not needed at this time, monthly work place safety addressed in addition to the Wellness Committee
 - Nutrition Education (5) - administration to review further
 - Nutrition Promotion (6) - to review with Nutrition Group, grant for school gardens, path for safe walking and wellness planned for the future
 - Physical Activity (7) - well met in the Elementary, to review for the High School, Zen Den, collaborations between buildings for activities
 - Physical Education (8) - reviewed and strengths/weaknesses identified to plan improvements
 - Other School Based Activities (9) - administration to address possible professional development needs
 - Nutrition Guidelines for All Foods/Beverages at School (10) - well met in the Elementary, to review at the administrative level and with The Nutrition Group
 - Management of Food Allergies in District Schools (11) - well met through the health office, to have Board of Education review policy 209.1

~ Any additional comments/suggestions/discussions

Member Sign-In:

1. Liz Matis
2. John Rushefski
3. Andrea Venesky
4. Piper Heller
5. Joe Adornato
- 6.
- 7.
- 8.
- 9.
- 10.