



Fort Bragg Unified School District Health & Wellness Council

We need your participation!

What is a Health & Wellness Council?

An action-oriented advisory group that focuses on the health and well-being of students, staff, and families in a school community. The Council makes recommendations to the School Board for the District Wellness Policy, assists in the implementation of the policy, and leads other health-related initiatives. The Council ideally includes school district employees, students, parents, school board members, & community members.

A Health & Wellness Council may also:

- Monitor and evaluate the implementation of district health and wellness policies and programs.
 - Advise the school board or district on community health issues
- Organize health-promoting programs or events in the district or community.

We will meet:

Typically Last Tuesday of the Month, Every Other Month at 3:30 pm

November 28

January 30

March 26

May 2 (changed from last Tuesday)

Location to be determined.

**To join our Council, please call or email Pilar at:
(707) 961-3521 or pgray@fbusd.us**