

Wellness Committee Meeting Minutes
Coordinated School Health Advisory Council (CSHAC)
District Office Media Center (Hybrid meeting)
April 21, 2026 5:30pm

	Committee Members	Members Present
1	Chief Financial Officer-Wellness Contact	Yes
2	Coordinator of Physical Education and Health	Yes
3	Registered Dietician/Nutritionist	Yes
4	Nurse	No
5	Community Partner-Beaufort Memorial Hospital Director of Marketing & Communications	Yes
6	Community Partner-BMH VP Marketing & Development, Chief Development Officer	No
7	Community Partner-BMH Business Development & Employer Relations Manager	Yes
8	Community Partner-BMH Director of Marketing & Development & Physician Relations	Yes
9	MUSC Boeing Center for Children's Wellness-Associate Technical Project Manager	Yes
10	MUSC Boeing Center for Children's Wellness-Associate Project Manager	Yes
11	Community Partner-USCB Dietician	Yes
12	High School Student	Yes
13	High School Student	No
14	Board Member	No
15	Counselor	Yes
16	Parent/Teacher	Yes
17	Parent	No
18	Middle School Principal	Yes
19	Food Service Operations Manager	Yes
20	Director of Internal Controls	Yes
21	Chief Communications Officer	Yes
22	Community Member	Yes

Introductions were made by presenters and members. An overview of roles of District staff was provided along with the purpose of the CSHAC.

Presenters provided a presentation on the following topics:

- Nutrition Updates
- Smart Snacks
- Physical Education
- Website Resources
- Previous Goals 2025-26
- Future Initiatives

Representatives of MUSC Boeing presented information on their partnership with the Beaufort County School District. They discussed the MUSC Wellness Program including updates on its wellness awards program, which provides monetary awards for schools that participate in wellness activities, noting 12 schools already exceeding 100 points. Their presentation included information and a collaborative discussion on future wellness initiatives with unique ideas such as joint protection activities, deep breathing techniques, and the possibility of district-wide wellness nights.

Members discussed some of the wellness activities currently taking place in BCSD schools.

Discussion of new goals for 2026-27 was held in the areas of Nutrition Education and Promotion as well as Physical Activity and additional School-Based Wellness Activities.

Multiple suggestions were made by members of the committee and handouts will be sent to those participants online for their suggestions to be submitted in the next few days.

Several prospective goals were discussed and potentially more to follow, including some follow-up from current year goals, expansion plans, and new goal additions.

Wellness Goals for 2026-2027 School Year

Nutrition Education & Promotion:

1. Expand from 5 to 7 schools participating in the USDA Fresh Fruits and Vegetables (FFV) program.
2. Increase the number of meals served in the Summer Food Service Program from 48,151 in 2025 to 150,000 meals in 2026 by implementing the Groceries-To-Go Program.
3. Launch a District Wellness Newsletter by September 30, 2026, with the support of the District Communications Office.

Physical Activity

4. Expand participation in the 2027 BCSD District Dash 5K, with a goal of engaging 32 schools.
5. Host district-wide wellness and activity nights for students and families.

Other School-Based Wellness Activity

6. Partner with Beaufort Memorial's Well at Work Program to offer meaningful staff wellness initiatives (e.g. lunch and learn, mental health first aid, etc.).
7. Create a monthly wellness calendar for district office featuring health screenings, vendor fairs, and other wellness activities.
8. Increase participation in the MUSC Wellness Award Program from the current 24 to 32 participating schools, supported by a dedicated point of contact to encourage success.

The meeting concluded at 6:30pm, with thanks given to the members and guests, along with the acknowledgement of the importance of health and wellness in our community. Smart snack samples were also provided by The Nutrition Group.