

Student Wellness Committee

Kickoff Meeting Agenda- 9/30/26, 3:30-4:30pm

MEETING PURPOSE

Welcome new committee members, build a shared understanding of the APS Student Wellness Policy, and begin identifying priorities for supporting the health and well-being of Alexandria Public Schools students.

1. Welcome & Introductions | 10 minutes

- Brief introductions: name, role/connection to APS, and what interested you in joining the committee.

2. What Is a School Wellness Committee? | 5 minutes

- Why school districts have wellness policies and wellness committees.
- The committee's role in supporting student health and well-being (monitor and update policy, enhance/maintain wellness environment and programs for students)
- Why representation from students, families, staff, school health professionals, administrators, board members and the community matters.

3. Getting to Know APS Wellness Policy 533 | 10 minutes

- Review the major areas: nutrition and healthy eating, physical activity, family/community engagement, employee wellness, healthy school food environment, and oversight/accountability.
- Discussion: "Was there anything in the Wellness Policy that surprised you or that you would like to learn more about?"

4. Where Are We Today? | 15 minutes

- Triennial Assessment- Maggie Johnson, SHIP Coordinator, Horizon Public Health
- Briefly highlight current wellness efforts occurring throughout APS.
- Discussion: "What are we already doing that supports student wellness?"

5. What Should Student Wellness Look Like at APS? | 10 minutes

- What are we already doing well?
- Where do we see opportunities for improvement?
- What wellness issues are most important for our students right now?

6. Committee Structure & Expectations | 5 minutes

- Upcoming meetings
- Committee expectations
- Determine how agendas, minutes and resources will be shared.
- Discuss how student, family, staff and community voices can be included.
- Consider whether future workgroups may be helpful for specific priorities.

7. Looking Ahead | 5 minutes

- Identify topics for upcoming meetings.
- Possible next steps
- Ask each member: "What is one thing you hope this committee can positively influence for our students?"

NEXT MEETING

Date/Time: _____