

Health and Wellness Committee

Committee Members: Joan Seamans, Committee Chair; Mike Russo, Food Services Director; Kristin Flynn, Director of Finance; Marissa Smith, WHS PE Teacher; Lisa Myette, WES Health and Wellness teacher; WMS Nichole Wade, PE teacher.

Meeting Agenda

Health and Wellness Committee

Monday, November 14 · 5:30 – 6:30pm

Google Meet joining info

Video call link: <https://meet.google.com/dwz-aurs-jbt>

- 1) Review notes from 10/24/2022 meeting. Thank you, Mr. Russo
https://docs.google.com/document/d/1W17M33gD-FWWERbC6FHbZioSdzO-cQSb/edit?usp=share_link&oid=107868470040465337781&rtpof=true&sd=true
- 2) Use the WellSAT assessment tool with our current policy. Questions are included if you want to review before the meeting. This link will help you understand how to use the tool: https://www.wellsat.org/about_the_WellSAT.aspx

Future discussions

- 1) WellSAT 1
- 2) Discuss if any changes need to be made to the current policy
- 3) Wellness challenges that have been sent to our staff (30 day sleep challenge, Fall walking challenge, 31 day Fruits & Vegetables Challenge, etc)
Wellness resources emailed to staff
- 4) Resources from USDA
- 5) Other

Future meetings:

January 23, 2023 via Google Meet, 5:30 PM

March 13, 2023 via Google Meet, 5:30 PM