

Wellness Committee Meeting Minutes



Date: April 14, 2026



Location: High School Conference Room & TEAMS

I. Wellness Policy Updates

- The next assessment has been completed and discussed.
- Mr. Labella, Mrs. Garthwaite, Mrs. Jackson and Mrs. Krott, shared with the committee.

II. Food Service Updates

- Labels, Smart Snacks, and menus have been updated to reflect new nutritional information and ensure compliance with USDA guidelines.

III. Old Business

- Staff Allergy Awareness will be shared in the fall by Mrs. Beckham/RN.
- Whole School, Whole Heart availability was attached. Further discussion can be had with the PD Committee and led by Mrs. Burns.
- Counslr updates continue to serve the needed population of students who access it.
- Go for the Greens (March) will continue to showcase the importance of healthy choices and promoting them, trying new options.

IV. New Business

- Wellness Fair development was discussed. Interested committee members will meet to make further plans.
- Grant supported outdoor activities continue to provide overall health and wellness to students. Thank you to staff members for leading and promoting these opportunities!
- New parent/student representatives were discussed. Peer Helpers will be asked first.
- A Health rotation will be added to the schedule for the 26-27 school year. This will be a one-quarter special for all 8th grade students.
- Staff members are interested in group exercise activities using the high school weightroom. One time per month (Wellness Monday) across buildings will allow staff to come together to promote health and wellness activities, share ideas, recipes, etc.

V. Open Discussion



Next Meeting:



Date: November 17, 2026



Time: 3:00 PM



Location: High School Conference Room & TEAMS