Wellness Committee

Our wellness Committee has representation from administration, school nurses, health and physical education staff, school nutrition services, community wellness experts and parents:

Donna Reynolds
Leslie Barry
Jennifer Fennelly
Amy Ireland Bourgault
Ann Lanney
Steve Mello
Ann Petterson
Beth Richards
Michelle Smith
Wellness Policy Components

• Wellness policies are key to student success!

• Research consistently shows that good nutrition and opportunities for physical activity are strongly correlated to positive student outcomes.
Wellness policy components:

- Nutrition education activity - School-based
- School meals policy - Staff wellness
- Food & beverage policy - Implementation
- Social and emotional health - Evaluation
- Physical education activity policy - Physical
Wellness Policy Updates

• Outdated Policy:
This policy is several years old (2006) and out of compliance with policy advancements and new USDA standards

• Our committee has recommended a new Wellness Policy which brings the District into compliance (Copies are provided)

Student Wellness Policy #530
5210 Let’s Go!

http://www.letsgo.org/toolkits/k5toolkits/

Michelle R. Smith, MS, RDN, LD
Nutrition Counselor & Wellness Educator
mrs smith@crhc.org
49 South Main St. Suite 201
Concord, NH 03301
603-230-7305
Moving Forward

Form:
School Based Wellness Teams.

Abbot Downing
  Concord HS
Christa McAuliffe
  Rundlett MS
Beaver Meadow
  Mill Brook School/Broken Ground

What school are you from? What is going on?
Moving Forward

School Based Wellness Teams:

School Nurse
Health and Physical Education Teacher
Teachers
Parents
Any other interested staff

Who would join at your school?
School Based Wellness Committees

The District Wellness Committee would like to support your school in what is currently in place and help to bring in wellness activities/events/education for students, staff and parents!

We will create a google doc so we can share ideas/questions/plans. Our Wellness Committee meets Quarterly. Our hope is to have the sub committees meet regularly.
More information and contact

The Wellness Committee would be happy to answer any questions or share additional information.

Donna Reynolds, Wellness Committee Chair

dreynolds@sau8.org
603-225-0823