Wellness Committee

Representation from administration, school nurses, health and physical education staff, school nutrition services, community wellness experts and parents

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Leslie Barry
Jennifer Fennelly
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Steve Mello
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Wellness Policy Updates

• Existing Policy:
  – Student Wellness Policy #530

• This policy is several years old and out of compliance with policy advancements and new USDA standards

• Our committee is recommending a process to bring us into compliance and to meet the needs of our district with a strong policy and implementation plan
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.

- **Strong wellness policies include these components:**
  - Nutrition education
  - School meals policy
  - Other food & beverage policy
  - Physical education
  - Physical activity policy
  - Other school-based activity
  - Staff wellness
  - Social and emotional health
  - Implementation
  - Evaluation
Needs Assessment

• To help us meet the needs of the schools and district, we wanted to gain an understanding of our current wellness environment.

• We utilized a highly regarded school health index to help us shape and create a needs assessment tool that we recently sent throughout the district:

• School Health Index from division of population health of the Centers for Disease Control and Prevention
Needs Assessment

• Included specialized assessment for five audiences:
  – School administrators
  – School Nurses
  – Health and physical education instructors
  - School nutrition staff
  - All staff

• 240 staff completed assessment

• Wellness Committee will be digging into this data over the summer to develop our process and policy recommendations
Timeline for Policy Adoption

• Committee to review needs assessment during summer
• Awareness building about Wellness Policies with stakeholders groups during back to school time 2016-17
• Invite stakeholder feedback on policy components in the fall
• Prepare policy for review by Communications & Policy Committee and approval by School Board, November-January
• Incorporate into 2017-2018 budget planning as needed
• Use the rest of 2016-17 school year to educate stakeholders on best practices and help with strategies to roll out for 2017-2018 implementation
More information and contact

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