

Wellness Committee Agenda

Date:	October 7th at 4pm (virtual)
Attendance:	Melissa Bednarski, Greta Shwachman, Nate Woodward, Tammy Campbell, MeganTudryn
Facilitator:	Melissa Bednarski, District Nurse Leader
Recorder:	Greta Shwachman

Meeting Norms:

- Start and end of time (according to agenda)
- Be present; cell phones away
- Be open; respect everyone's point of view
- One person speaks at a time
- Have fun!

Agenda Items	Discussion	Action
Welcome and introductions	8 returning members, representatives from FRCOG, School Committee, Nurses, Parents / Guardians	Seek out new perspectives.
Overview of last year's meetings and progress.	GPS Acceptable Foods for School Sponsored Events Recognized as School Wellness Champions!	Greta will complete consolidated A-List
Review of the Wellness Program document	Wellness document	Read document closely and come to the next meeting with any concerns or questions.

<p>Focus for this school year.</p>	<ul style="list-style-type: none"> - Work on wellness policy to make edits and give more clarity on events & rewards - Snacks in schools / student hunger / food insecurity. Teachers provide snacks out of their own pocket. - Second chance breakfast - Recess, Climate Survey, Vaping, Bullying - Race, gender, visibility training for teachers 	<p>Explore fundraising / community support options. Attend Franklin County Food Council meetings?</p> <p>Higher protein breakfast, especially on Mondays.</p>
<p>Meeting Date/Time</p>	<p>In-person or virtual?</p>	<p>Meetings for 2024/2024 School Year:</p> <p>October 7th 4-5pm</p> <p>January 13th 4-5pm</p> <p>March 10th 4-5pm</p> <p>May 5th 4-5pm</p>