



Who We Are:



We are an action-oriented team dedicated to supporting the health and well-being of our students and staff. Our work helps bring the district's wellness policy to life by promoting healthy habits, positive environments, and lifelong wellness.



Our Purpose

- Support the development of a healthier school environment
- Establish goals that promote student and staff wellness
- Guide and review the district's wellness policy
- Encourage involvement from staff, families, and the community
- Plan and implement wellness initiatives
- Evaluate progress and provide ongoing feedback



Why it Matters

- Healthy students are better learners
- Improved nutrition supports focus, behavior, and attendance
- Physical activity is linked to higher self-esteem and academic success
- Positive wellness habits benefit lifelong health and well-being



Our Commitment

Committee members dedicate to a productive year of service, including both scheduled group meetings and independent work.

- Meet at least four times per year for planning, researching, developing, implementing and tracking projects
- Collaborate, share ideas, and support one another
- Come prepared and engaged
- Foster respectful, inclusive discussions
- Represent our schools in a positive and responsible way



Key Focus Areas

- Nutrition education and healthy eating promotion
- Physical activity opportunities throughout the school day
- Healthy food and beverage standards
- Positive school environments that support student well-being
- Family and community engagement in wellness efforts

2026–2027 Meeting Dates



All meetings at 6:00 pm at the
High School Student Lounge

September 15, 2026
November 17, 2026
February 16, 2027
April 20, 2027



Get Involved!

We welcome staff, parents, students, and community members who are passionate about supporting wellness in our schools.

Together, we can create a healthier future for our students and our community.