

Wellness Committee 2024/2025



- Co-Chairs:
 - Meghan Correll -District Coach of Health and Wellness
 - Nancy Thompson- District Supervisor of Nursing



Who is part of our Wellness Committee?

**According to our policy, the Wellness Committee will consist of :
at least one (1): parent, student, nurse, school food service
representative, School Committee member, school administrator,
member of the public, and other community members as appropriate**

- Our committee does consist of each one of the above, however attendance has been sporadic over the four scheduled meetings
- We have district administrators, but do not have any building based admin



Are we currently following our newly adopted Wellness Policy?

Our action steps:

1. Site visit to Hunking cafeteria for lunches
2. Lunch Lab at Tilton
3. Physical activity audit of our schools
4. Physical activity opportunities at the high school



Site Visit To Hunking: What did we look for?

- **Students receive consistent nutrition messages. (what is around the cafeteria)**
 - We received numerous posters/stickers/materials from the USDA that include nutritional information/messages
- **Use of locally grown and seasonal foods are offered**
 - There was an ample amount of choices for students that include seasonal offerings
 - Students made us aware that they “loved the food” at school
- **All students can retrieve food in a non stigmatizing way**
 - Students have an opportunity to retrieve more fruit if they are still hungry
 - All required food components were present



Lunch Lab at Tilton Elementary

- Thank you to our district chef, Ramon and our food service manager Anna!
- Students were provided samples of sweet potatoes (the seasonal harvest) and tofu.
- Each grade level had an opportunity to taste test the food provided





Lunch Lab at Tilton Elementary



- Students were able to vote after trying the food samples
- Each student was given a sticker and could vote:
 - “Not for me”
 - “I liked it”
 - “I loved it”





Physical Activity within our district

- According to our policy:
 - Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate
 - The law (MGL Chapter 71, Section) states that "Physical education shall be taught as a required subject in all grades for all students in the public schools for the purpose of promoting the physical well-being of students."
 - Recess is provided within the district from kindergarten through grade



Physical Activity within our district

- According to our policy:
 - Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs
 - All of our schools provide some sort of physical activity opportunities for our students throughout the school year
 - The high school provides athletics, however, there are no clubs that provide physical activity



Physical Activity at the high school level

- Our high school provides a variety of athletics
- There are no current physical activity clubs or intramurals at the high school
- After conversation with our athletic director :
 - This is due to our facilities being used for athletics
 - Starting in late April, and early May, we were able to determine that the weight room was available two days a week and the pool was available two days a week
 - Postings for supervisors for these spaces to provide student drop ins to exercise went without applicants



Wellness Committee focus for 2025/2026 school Year

1. Invite new members that will fulfill our committee requirements
2. Collaborate on how to provide nutritional education in the cafeteria
3. Try Lunch Labs at other schools within the district
4. Discussions on food waste -possible share table pilot at Walnut Square
5. Educator Wellness