

Health and Wellness Advisory Committee Mid-year Report, 2/2019

We have met on a monthly basis, first Wednesday of each month, since the start of the school year. We have generally excellent attendance, with the inclusion of multiple health care professionals from the community serving on the committee.

We recently formed two working groups to look at specific questions related to lunches:

1. Nutrition work group which is studying two items: milk options at the K-5 schools and snack options at 6-12. They will be reporting back in the next month.
2. Lunchroom culture work group is looking at all aspects of the lunch experience at the K-12 schools. They will continue to meet and report back in April.

We will also be reviewing the Health and Wellness Policy this spring in preparation for the annual report, as well as getting an update on the PE curriculum which is being updated this year.