

## **HEALTH AND WELLNESS**

The Health and Wellness Advisory Committee met monthly during the year.

The primary topics involved nutritional standards for the school lunch program and optimizing lunchroom culture and environment to support the health and wellness of students. Additionally, we reviewed the revised PE curriculum and made recommendations for updates to the Health and Wellness Policy.

The main updates to the policy included the addition of the WHO definition of health as a starting point, and a focus on positive ways to support health and wellness more than restrictions on practices that don't promote health and wellness. Aside from updates in regulations, the primary recommendations are to 1) eliminate look-a-like snack foods from the menu and 2) adjust the percentage of sugar per weight from 35% to 25%. Both of these changes would still allow for a wide variety of snack options at both the middle school and high school. While the committee had also recommended a trial of not offering chocolate milk at the elementary schools for one year, the committee felt that more communication and education was needed before moving forward with that recommendation in the future. The policy has been forwarded to the Policy Committee for review before coming before the School Committee.

For next year, the committee felt that focusing on communication and communication pathways, including visual cues, should be a priority, and is in keeping with the Health and Wellness Policy. Additionally, the committee would like to see a focus on vaping education, prevention, and best practice strategies from other districts regarding how to reduce vaping among students. We would also review the health curriculum with Mr. Downey and Dr. Dillon, as well as review and update health and wellness goals from each school.

Respectfully submitted.

Dr. Megan Douglas