



Wellness Committee

Our wellness Committee has representation from administration, school nurses, health and physical education staff, school nutrition services, community wellness experts and parents:

Donna Reynolds

Leslie Barry

Jennifer Fennelly

Amy Ireland Bourgault

Ann Lanney

Steve Mello

Ann Petterson

Beth Richards

Michelle Smith

Wellness Policy Components

- Wellness policies are key to student success!
- Research consistently shows that good nutrition and opportunities for physical activity are strongly correlated to positive student outcomes.





Wellness p

nponents:

- Nutrition education activity
 - School meals policy
 - Food & beverage policy Implementation
 - Social and emotional health
 - Physical education activity policy
- School-based
 - Staff wellness
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 - Evaluation
 - Physical

Wellness Policy Updates

- **Outdated Policy:**

This policy is several years old (2006) and out of compliance with policy advancements and new USDA standards

- **Our committee has recommended a new Wellness Policy which brings the District into compliance (Copies are provided)**

[Student Wellness Policy #530](#)

5210 Let's Go!

<http://www.lets-go.org/toolkits/k5toolkits/>

Michelle R. Smith, MS, RDN, LD

Nutrition Counselor & Wellness Educator

mrsmith@crhc.org

[49 South Main St. Suite 201](#)

[Concord, NH 03301](#)

603-230-7305



Moving Forward



Form:

School Based Wellness Teams.

Abbot Downing

Concord HS

Christa McAuliffe

Rundlett MS

Beaver Meadow

Mill Brook School/Broken Ground

What school are you from? What is going on?

Moving Forward

School Based Wellness Teams:

School Nurse

Health and Physical Education Teacher

Teachers

Parents

Any other interested staff

Who would join at your school?



School Based Wellness Committees

The District Wellness Committee would like to support your school in what is currently in place and help to bring in wellness activities/ events/ education for students, staff and parents!

We will create a google doc so we can share ideas/questions/ plans. Our Wellness Committee meets Quarterly. Our hope is to have the sub committees meet regularly.

More information and contact



The Wellness Committee would be happy to answer any questions or share additional information.

Donna Reynolds, Wellness Committee Chair

dreynolds@sau8.org

603-225-0823