

## Wellness Committee Meeting Summary

Date:	Friday, October 24, 2025
Time:	1:00 PM – 1:41 PM
Location:	Microsoft Teams

In Attendance: Felicia Correa- Assistant BA, Kevin Keener, Melissa Young, Anne Bulter, Alison Timmons, Rachel Como – Aramark, Food Service Director

Topic	Summary / Discussion	Action / Next Steps
Introductions	Felicia introduced herself as the new District Wellness Facilitator. Members briefly introduced themselves.	—
Wellness Policy Coordinators	Reminder that each school must have a designated Wellness Policy Coordinator.	Schools to confirm coordinators.
District-Wide Wellness Week	Planned for April 13–17, 2026 to align with the Week of the Young Child. Will be expanded to PRMS and RHS for a district wide program.	Committee to brainstorm theme day ideas before reconvening in December. Must include components of mental health and/or SEL
Committee Membership	Committee must include parents and student(s). Recruitment strategies include reaching out to counselors, principals and PTA.	Rachel to contact a parent that may be interested; Felicia to reach out to counselors/principals for student reps and PTA contact info.
Wellness Survey Review	Reviewed survey results and participation rates. Noted that some parents were unaware of the survey.	Add reminder message to ParentSquare to increase awareness.
Policy Amendment	Plan to amend the Wellness Policy to include an Annual Report with event summaries, survey results, and participation data.	A. Timmons drafting report requirements.
Student Wellness Survey	Discussion on creating a student survey to gather direct feedback.	Aramark staff can survey students at lunch time – usually done around January
Meal Options	A.T. raised concern that vegetarian options currently include fish.	Rachel will review Aramark’s vegetarian offerings.

Communication Updates	Rachel and Felicia to collaborate on the survey announcement.	To be completed before December meeting.
Future Meetings	Remaining meeting dates (January, March, April) to be set in December.	Next meeting: Early December 2025 to discuss themes and ideas for Wellness Week.