

**Westbrook Public Schools
Wellness Committee**

Date: April 26, 2018

Time: 3:15 pm

Location: Daisy Library



AGENDA

1. Wellness Fair-reflection/outcomes

100 participants, 27 Vendors, 2 cancellations

Suggestions: sign on green with town approval, later start time (2:45-5:00), more demonstrations.

2. Planning for next year.

Wellness Fair for adults and/or Wellness Fair at Daisy- connect with Daisy Dash Awareness Day at the Middle School in odd years and Awareness Day at High School in even years.

Beginning of the year- awareness of wellness policy and resources.

3. Upcoming events

WHS Awareness Day- selections include health and wellness.

4. Local School Wellness Policy: Unlocking New Doors of Opportunity, March 26, 2018- Madeline was in attendance and shared the following:

SDE Consultant showcased Westbrook's website page as a model for others.

Resource list shared with members

Triennial assessment LSWP (completed in Westbrook during 2016-17), next one will be due 2019-20.

5. Other:

Increase student participation to partake in breakfast at the Middle School- look into the option of taking breakfast tray/snacks to homeroom.