

# Wellness Committee Charter

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The Wappingers Central School District Wellness Committee strives to support the health and well-being of students, families, and staff by providing a school environment that promotes healthy choices and physical activity, within the framework of the Wellness Policy 5900.

## **Composition/Membership**

The Wellness Committee is a District committee composed of parents, a student representative, school food staff, teachers, health staff, board members, administrators, and community members of the Wappingers Central School District. The committee is comprised of a minimum of eight (8) members and a maximum of thirteen (13) members.

1. Assistant Superintendent of Finance and Business Development, who serves as Chairperson of the Wellness Committee
2. Food Services Director
3. Three (3) Board of Education members, with the Board President serving as ex-officio on all committees
4. Athletic Director(s)
5. Building Principal(s)
6. Physical Education Teacher
7. School nurse(s)
8. A parent
9. A student representative from the secondary level
10. Community members
11. Health Teachers as well as Food Service personnel will be invited as necessary

## **Responsibilities**

The responsibilities of the Wellness Committee include the following:

1. Ensure that the Wellness policy and plan demonstrates the importance of wellness, good nutrition and an active lifestyle, which all promote student learning and achievement.
2. Discuss ideas and research that have the potential to make positive changes to improve student and staff nutrition, wellness, and health.
3. Review recommendations for changes to the Wellness Plan brought to the committee by building-level Wellness Committee work.

4. Provide recommendations to the Board of Education in an annual review of the District Wellness Plan in compliance with Federal and New York State regulations.

### **Procedures**

1. The Committee will meet quarterly during the school year.
2. An administrator or the Chairperson will call and facilitate all meetings.
3. Members should be knowledgeable about nutrition, wellness, and health.
4. The Chairperson will appoint a maximum of two community members and one student representative to serve on the Committee.
5. The Committee is encouraged to prepare minutes of each meeting. The minutes will be posted on the District website.
6. The Committee will review the charter at the end of the school year and present it to the District Clerk for the organizational meeting agenda.